

FANTASY FOOTBALL GUIDE 2012 {page 17-18}

metro®



Max 84°
Min 65°

NEW YORK
Wednesday, August 22, 2012



Obama's got a sugar mama: New York City



► And why shouldn't he? ► New York is the gold mine that keeps on giving for his 2012 re-election bid ► Tonight marks Obama's 39th fundraising jaunt into town since 2009, records show {page 02}

1

In the news

US Open ref charged with hubby murder

Professional tennis referee Lois Ann Goodman didn't make it to the US Open in Queens yesterday morning. Instead she was arrested and charged with killing her husband, according to the New York Post. Goodman allegedly stabbed her husband with a shattered coffee mug in April during a fight at their L.A. home, but originally told police he had fallen down the stairs. **METRO/BHS**

In the news



Talib Kweli gives free J&R music shows

As part of a music festival that will begin tomorrow and run through Sunday, Talib Kweli, DMX and Miguel will all perform as part of the J&R Musicfest and Tech Expo. Admission is free, but space is limited. Kid music bands, including The Jitterbugs, will perform on Saturday afternoon. **METRO**

Obama comes back for more fast cash in NYC

► It's the city he loves, and it loves him right back ► NYC is Obama's cash cow, giving him \$15.3 million so far toward re-election bid ► Statewide, New Yorkers have given about \$23M

It looks like the Obama campaign has found the well that's yet to run dry: The deep, Democratic pockets of The Big Apple.

Tonight will mark President Barack Obama's 39th treasure hunt in New York City in the past three years.

According to the Center for Responsive Politics, a nonpartisan research group that tracks spending and fundraising for federal elections, New York City has generated about \$15.3 million for Obama's re-election, making it the top-earning city for his campaign.

The entire state of New York has donated \$23 million to the effort.

Not including tonight's basketball fundraiser, he's attended 38 Manhattan events since 2009, to raise funds either directly for his campaign or for the Democratic National Committee.

"New York City is a donor-rich environment that's home to many affluent individuals, so it continually proves to be very fertile ground for candidates, regardless of party," said Costas Panagopoulos, a political science professor at Fordham University.

He added that New York is a fundraising epicenter for



► Tonight will be President Barack Obama's 39th fundraising event in New York since 2009.

His favorite

stomping ground

Since 2009, Obama has attended more fundraising events in NYC than any other city, other than D.C.

► Chicago: 18
► NY: 38
► L.A.: 20
► D.C.: 52

both parties.

Even so, Obama's far out-fundraised Mitt Romney, who has taken in \$9.5 million from New York City.

While the president takes heat from the GOP for rubbing elbows with celebrities, these relationships have their pay-offs. Movie mogul Harvey Weinstein and Vogue editor Anna Wintour are among his most active New York supporters, who have helped draw at least \$8.7 million nationally from

the entertainment industry alone, according to CRP.

"In the last few election cycles, Democrats have had greater appeal with the entertainment industry. It could help him," said Panagopoulos, adding that the same could be said for Romney and the financial services industry, much of which is based in New York.

MARIANNE HAYES
letters@metro.us

Quoted

"New York City is a donor-rich environment that's home to many affluent individuals, so it continually proves to be very fertile ground for candidates, regardless of party."

COSTAS PANAGOPOULOS, A POLITICAL SCIENCE PROFESSOR AT FORDHAM UNIVERSITY

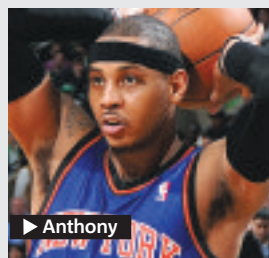
Big-name basketball fundraiser tonight

Obama will dribble into town tonight for his latest New York City fundraiser.

The president is expected to touch down at JFK at about 6.

He's in town for "The Obama Classic," a dinner tonight at the Time Warner Center with Michael Jordan. About 120 people are signed up to attend, and plates sold for \$20,000 each.

Before that dinner, Obama supporters will get the chance to shoot some hoops and get autographs from several



► Anthony

Baller campaign

contributions

► Knicks player **Carmelo Anthony** gave \$5,000 to Obama.
► **Vincent Carter** of the Dallas

current and retired NBA stars: Carmelo Anthony, Patrick Ewing, Sheryl Swoopes, Kyrie Irving and Alonzo Mourning will be on hand at Chelsea Piers for various meet-and-greets throughout the afternoon. Prices to attend "skills camps" range from \$5,000 for a pair of tickets to \$250 for additional autograph sessions.

Mavericks gave Obama \$5,000.
► **Baron Davis**, Cleveland Cavalier, gave him \$5,000.
► **Michael Jordan** donated \$10,000 to Obama in 2004.

Source: Federal Election Commission Records

Who's been

giving to whom?

\$70K

Woody Johnson, Jets owner, to Romney and pro-Romney PAC

\$60K

Jonathan Tisch, of the Giants, to DNC, Obama

\$2.5K

James Dolan, Knicks owner, to Romney

\$5K

Bruce Ratner, minority Nets owner, to Obama

Obama sees only the best in New York

Star-studded New York City fundraisers have become an essential re-election tool for the Obama Victory Fund, a joint fundraising committee for the Obama campaign and the DNC. Check out some of his swankiest NYC events:

- **June 14, 2012:** Sarah Jessica Parker hosts a \$40,000-per-plate event at her West Village brownstone with attendees including Meryl Streep, Olivia Wilde and Anna Wintour.
- **Jan. 19, 2012:** Spike Lee throws a reception for the president at his Upper East Side townhouse.
- **Aug. 11, 2011:** POTUS attends a reception with 15 top donors at the Ritz Carlton and then heads to the home of movie producer Harvey Weinstein.

GET THE MOST CASH

FOR YOUR GOLD, SILVER & DIAMOND JEWELRY

**Your Jewelry Could
Be Worth HUNDREDS
Even THOUSANDS
In Immediate CASH!**

WE PURCHASE GOLD, SILVER, PLATINUM & DIAMOND JEWELRY.
REGARDLESS OF CONDITION. WE ALSO PURCHASE
SILVER FLATWARE, GOLD & SILVER COINS (1964 & PRIOR)

Free Admission
No Appointment Necessary
Safe & Secure - Onsite Security



www.rapidcashforgold.com

**RECEIVE AN EXTRA
\$25 CASH BONUS**

with this ad

When we purchase \$250 or more of your jewelry!
Expires 8/23/2012



TODAY & TOMORROW AT THESE 2 LOCATIONS!

Today Wednesday, August 22nd 11AM-6PM
Tomorrow Thursday, August 23rd 11AM-6PM

MARRIOTT MARQUIS

1535 Broadway (Between 7th & 8th)
New York, NY 10036
Duffy Suite - 7th Floor

Today Wednesday, August 22nd 11AM-6PM
Tomorrow Thursday, August 23rd 11AM-6PM

MARRIOTT BROOKLYN BRIDGE

333 Adams Street (Between Tillary & Willoughby St)
Brooklyn, NY 11201
Fulton Ferry Suite - 3rd Fl

Blast from Second Ave. subway dig shakes earth

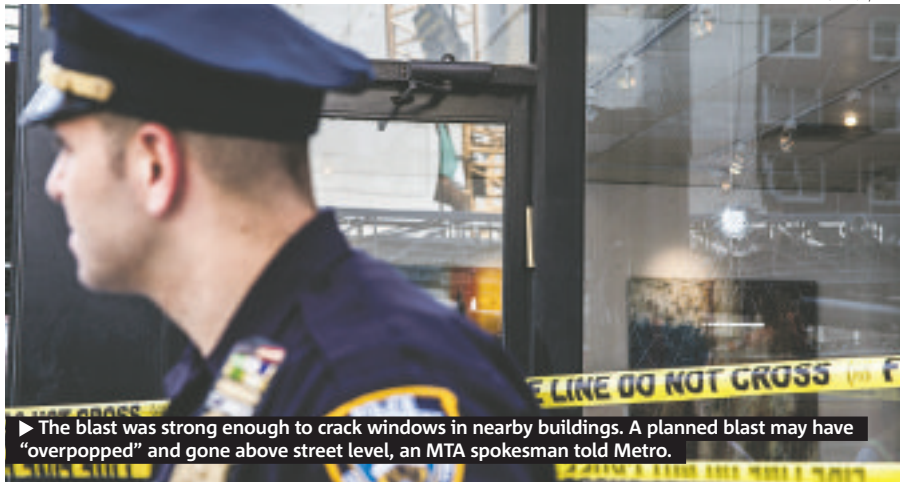
► Planned blast 'overpopped' and shattered third-story windows, MTA says ► People knocked off their feet as rocks rain down ► Construction halted while officials investigate cause ► Miraculously, nobody injured

The intersection of 72nd Street and Second Avenue was rocked by a massive construction blast yesterday.

The blast happened at approximately 12:45 p.m. and came from ongoing work on the Second Avenue subway line.

It was so strong it knocked out third-story windows in an apartment building across the street and sent large chunks of rock raining down onto the street. People in the area reported being knocked off their feet, according to the New York Post.

Hugo Yanotti, who lives on the block, said he's used to the ongoing construction from the



► The blast was strong enough to crack windows in nearby buildings. A planned blast may have "overpopped" and gone above street level, an MTA spokesman told Metro.



► The site of the blast at the intersection of 72nd Street and Second Avenue.

No injuries; buildings report sound

There were no injuries from the explosion, and all workers were accounted for.

Construction on the station is suspended pending an investigation.

The FDNY inspected neighboring buildings to ensure structural soundness, but the area was deemed safe.

The street reopened for traffic, and bus lines were re-instated shortly after 4 p.m.

subway line, and the noise, but "this was different, massive," he said.

Smoke could be seen pouring out of the street following the blast. Piles of rocks covered the street but were cleaned up quickly, Yanotti said.

MTA spokesman Adam Lisberg said workers were excavating rocks for an underground escalator shaft at the 72nd Street station.

The blast was planned, but "something went awry — we don't know [what] yet," he said.



BLAISE HART-SCHMIDT
letters@metro.us

Miles Dixon contributed to this report.

THE STATE UNIVERSITY of NEW YORK

Manhattan Educational Opportunity Center

Tuition-**FREE** Adult Education & Career Training

REGISTER NOW!

FINAL Information Session for
Fall 2012 Programs

Thursday, August 23

@ 11AM, 3PM, OR 6PM

ESL • GED® • College Prep • Civil Service Exam Prep
PC Repair • Certified Microsoft Office® • Development
Assistant Program • Security Officer Training

Eligibility Requirements: 18 years of age or older,
NYS resident who meets low-income guidelines,
non-college graduate

For additional information, call 212.961.4400
163 West 125th Street, 15th Floor, New York, NY 10027

Administered by Borough of Manhattan Community College/CUNY



NY FASHION BRACES & INVISALIGN

4779 BROADWAY (AT DYCKMAN)

Dr. Harold Edwards

- Executive member of the NY State Society of Orthodontics
- Teaches Invisalign at NYU, where he has been on faculty for over twenty years
 - Past President of the NYU Orthodontic Society
- Voted one of America's Top Dentists in Orthodontics by the Consumers Research Council of America



INVISALIGN
\$2999

Normally \$6000
some restrictions may apply

www.newyork-orthodontist.com | www.orthodontistsmanhattan.com

¡Hablamos Español!

WE ACCEPT MOST INSURANCE PLANS

CALL TODAY! 212-567-1006

If you've been told you don't qualify for Invisalign, come to us for a **FREE**
second opinion Dr. Edwards can **MAKE IT HAPPEN** in most cases!

Zoom!®

WHITENING SYSTEM

Bacon at Muslim celebration is sign of possible hate crime

► Bacon found scattered in Staten Island park as Muslims celebrate ending of Ramadan ► Probed as a bias crime ► Comes after mosque torched in Missouri, and pig legs thrown on mosque site in California

Authorities were investigating as a possible hate crime the discovery of uncooked bacon scattered on the grounds of a New York City park where Muslims gathered to celebrate the end of the Islamic holy month of Ramadan, police said on Monday.

Festivities to mark the close of Ramadan, when Muslims fast from dawn to dusk, on Sunday had been publicized in local media and drew 1,500 participants to New Dorp Beach

Park on Staten Island, said Cyrus McGoldrick, a spokesman for the New York chapter of the Council on American-Islamic Relations.

Organizers found uncooked bacon strewn about a small section of the park, New York City police said.

Religious restrictions prohibit Muslims from eating pork products.

"It's being investigated as a possible bias crime," a police



► Muslims pray during Ramadan earlier this month at a mosque in Bay Ridge, Brooklyn.

spokeswoman said.

The incident was the latest in a spate of anti-Islamic sentiment in recent weeks. Earlier this month, a mysterious fire burned a mosque in Missouri,

while in another instance a soda bottle filled with chemicals was thrown at a private Islamic school outside of Chicago.

In the southern California city of Chino on Aug. 7, pig legs

were thrown onto the site of a proposed mosque.

"It's anti-Islamic sentiment — a sign they don't want us to feel welcome," McGoldrick said. **REUTERS**

No leads from NYPD spying on Muslims

Court testimony released yesterday by the New York Civil Liberties Union revealed that the NYPD spied on Muslims solely because of their ethnicity, and not because they were suspected of criminal activity.

The controversial spying, first reported by the AP last summer, never resulted in any leads in terror investigations.

"I never made a lead from rhetoric that came from a Demographics report, and I'm here since 2006," NYPD Assistant Chief Thomas Galati testified on June 28. "I don't recall other ones prior to my arrival."

"The NYPD has effectively imposed a badge of suspicion on all Muslims and stigmatized whole communities solely because of their religious affiliations," said Arthur Eisenberg of the NYCLU. **METRO**

FREE Fatherhood Support Services for Non-Custodial Dads in the South Bronx, Washington Heights, Harlem and Brooklyn.

The **Strong Fathers, Stronger Families** program can help you or someone you know:

- Find a New Job
- Learn How to Better Manage Finances and Child Support Obligations
- Strengthen Parenting Skills
- Build Healthier Relationships with your Child and Significant Other

Visit one of four convenient locations:

St. Nicks Alliance (Northern Brooklyn): 790 Broadway 718.302.2057, Ext. 202

BronxWorks (South Bronx): 391 E. 149th Street, Ste. #520 718.993.8880, Ext. 227

STRIVE (East Harlem): 240 East 123rd Street, 3rd Floor 212.360.1100, Ext. 1811

Northern Manhattan Improvement Corp (Washington Heights): 76 Wadsworth Avenue 212.822.8349

**Strong Fathers,
Stronger Families**

A Responsible Fatherhood Program

Seedco

"These services are available to all eligible persons, regardless of race, gender, age, disability, or religion."

"Funding for this project was provided by the United States Department of Health and Human Services, Administration for Children and Families, Grant: 50FAD04D-01-00."

"Any opinions, findings, and conclusions or recommendations expressed in this material are those of the author(s) and do not necessarily reflect the views of the United States Department of Health and Human Services, Administration for Children and Families."



► Republican Representative Todd Akin resisted pressure to quit the U.S. Senate race in Missouri, releasing a new ad apologizing for his inflammatory remarks about rape.

Akin apologizes again, refuses to drop out of race

Representative Todd Akin, under fire for controversial remarks on abortion and rape, resisted pressure from fellow Republicans to drop out of the Missouri Senate race yesterday amid speculation over who might replace him on the Nov. 6 ballot.

Despite calls from throughout the Republican Party for him to step out of the contest against Democratic Senator Claire McCaskill, Akin — a

staunch opponent of abortion — vowed to stay in the race, saying he represented a conservative movement that must be heard.

"We are going to continue in this race for U.S. Senate," Akin said on a radio program hosted by former Arkansas Governor Mike Huckabee, an Akin supporter and favorite of religious conservatives.

"I believe there is a cause here, and there is a part of the

message that's missing, and a lot of the people feel left out of the parties," Akin said.

Akin's comments came hours after he released an online video ad in which he again apologized for saying in a weekend television interview that it was extremely rare for women to get pregnant from "legitimate rape."

The comments sent waves of anxiety through the Republi-

can Party at a time when it is trying to reach out to women and other voters in advance of its national convention next week in Tampa, Florida.

The controversy has given new hope to McCaskill, who in recent polls has trailed Akin in a race that is widely viewed as a barometer of whether Republicans can gain the four seats they need to take control of the U.S. Senate. **REUTERS**

'Raped women can't conceive' is straight out of 13th century

Akin is not alone in his view about rape and pregnancy, however. It dates at least to medieval times, when a 13th-century English legal tome called Fleta asserted that

pregnancy was prima facie evidence against a charge of rape, "for without a woman's consent, she could not conceive."

A 19th-century book, "Elements of Medical Jurisprudence" by Samuel Farr, said that conception is unlikely "without an excitation of lust, or the enjoyment

of pleasure in the venereal act." That reflected the common notion that pregnancy requires a woman, like a man, to reach orgasm during intercourse.

In fact, "human ... female orgasm is not necessary for conception," explained a 1995 paper in the journal Animal Behaviour. **METRO**

Dumb stuff said

1 Whoopi Goldberg said director Roman Polanski's sex offense against an underage girl wasn't 'rape, rape.'

2 George Galloway, British politician, this week said WikiLeaks founder Julian Assange, facing a sex

assault trial in Sweden, couldn't be guilty of rape — just 'bad sexual etiquette.'

3 Federal Judge James Leon Holmes in a 1997 article: "Concern for rape victims is a red herring, because conceptions from rape occur with approximately same frequency as snow fall in Miami."

4 In 1995, Republican Rep. Henry Aldridge told House Appropriations committee: "The facts show that people who are raped — who are truly raped — the juices don't flow, the body functions don't work and they don't get pregnant. Medical authorities agree that this is a rarity, if ever."

METRO

Home care is changing.



1-877-ICS-2525

info@icsny.org

www.icsny.org

Serving Manhattan, Brooklyn, Queens and the Bronx.

How will you keep the services you need?

At Independence Care System, a nonprofit Medicaid managed long-term care plan, we work with you to coordinate the home care, health care and social services you need to live at home.

Independence, your way.

Independence
care system

Rising prices at the pump not a big concern for voters

FREDERIC J. BROWN/AFP/GETTY IMAGES



► Romney has not focused on gasoline prices in the four months since prices topped out.

Even as President Barack Obama considers using U.S. oil stockpiles to halt rising gasoline costs in an election year, a Reuters/Ipsos poll released yesterday shows economic pain at the pump is not a big concern for voters.

Fuel and gas prices ranked last among 10 factors that influence voters in evaluating Obama's job performance and the country's direction, the poll found. Health care, the economy and jobs top the list, with gas prices also lagging behind foreign policy, immigration and education.

\$115

Brent Crude is closing in on \$115 a barrel compared to below \$90 a barrel in June.

"Gas prices, relative to the rest of this stuff, are much less important," Ipsos pollster Chris Jackson said.

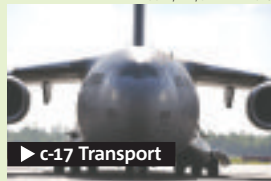
"People talk a lot about how gas prices drive attitudes, but it doesn't seem to have a lot of

impact either on Obama's job approval or how people see the country going," he said. "People seem to see gas prices as a separate issue the government doesn't have as much control over."

Gasoline prices, which had eased after the national average peaked at \$3.94 a gallon in April, have climbed again in the last month and hit an average \$3.72 a gallon on Monday.

Worried about high prices, the White House is considering a release of oil reserves from the U.S. Strategic Petroleum Reserve. **REUTERS**

ALEX OGLE/AFP/GETTY IMAGES



► C-17 Transport

News in brief

Top general's plane damaged by rockets in Afghanistan

KABUL. Insurgents fired two rockets at the main NATO airbase in Afghanistan, damaging an aircraft used by U.S. Joint Chiefs of Staff chairman Martin Dempsey, a NATO spokesman said yesterday. The general was not on board at the time.

Dempsey arrived in the country on Monday in a C-17 transport aircraft that was parked at Bagram Airbase, north

of Kabul, when two rockets landed near the apron late on Monday night, slightly wounding two ground staff.

"He was nowhere near the aircraft. We think it was a lucky shot," NATO senior spokesman Colonel Thomas Collins said.

The aircraft was only being used temporarily by Dempsey and his staff. Shrapnel from the rockets also damaged a nearby

helicopter. **REUTERS**

Peter Luger steak prices may soar thanks to drought

NEW YORK. The buttery porterhouse that Peter Luger steakhouse has served up since 1887 may be the next victim of the U.S. drought.

Steer that would normally be fattened and aged to produce the highest-grade steaks are instead being killed young and thin.

The worst Midwest drought since 1956 has sent the price of corn, the main ingredient in livestock feed, skyrocketing, raising beef prices. **BLOOMBERG**

GRADUATE SCHOOL OF TECHNOLOGY

Master's programs in areas with expected job growth*:

- Web & Multimedia Design
- Information Systems
- Database Systems
- Data Communications
- Technology Leadership
- Web & App Development **NEW!**
- Instructional Technology

REGISTRATION STILL OPEN
27 W. 23 St., Room 337
New York, NY 10010

TO SCHEDULE A ONE-TO-ONE SESSION
212.463.0400 x5250
touro.edu/gst
info.gst@touro.edu

Job Placement Assistance

TOURO COLLEGE GRADUATE SCHOOL OF TECHNOLOGY
Preparing Tomorrow's Technology Leaders



scan code to make an appointment

* Source: US. Bureau of Labor Statistics, 6/28/12

In the news

Americans having fewer babies hurts consumer spending

The number of births fell to 3.96 million in 2011, and it may fall again this year to 3.94 million, forecaster Demographic Intelligence predicted in July. "A culture of risk aversion among young adults" is behind the drop,

the Charlottesville, Va.-based firm said.



"Population is a very strong motivation for consumer spending," said Chris Christopher, director of U.S. and global consumer economics research at IHS Global Insight in Lexington, Massachusetts. **BLOOMBERG**

Metro PCS launches new unlimited data plan

MetroPCS Communications Inc., announced a promotional \$55 4G LTE service plan that offers unlimited talk, text and data, after Verizon Wireless and AT&T launched plans targeting heavy data users.

The \$55 price tag is for a single connection and families can get this offer for \$50 per month on their second, third and fourth con-

nections, the company said in a statement.

AT&T in July announced a new type of family plan that would significantly raise its fees for data services, such as mobile Internet.

Verizon Wireless, the biggest U.S. mobile operator, said in June it would offer unlimited calls and texts for \$40 per month. **REUTERS**

New study to inject stem cells into autistic kids

SPENCER PLATT/GETTY IMAGES



► A possibility may be that autism is related to a signaling issue, where cells in the body aren't connecting properly. Stem cells may help repair that problem.

Researchers are recruiting autistic children for a study that will test whether injecting stem cells banked from their umbilical cords can lessen symptoms and provide insights into the nature of the disorder.

While stem cells have been promoted, and sold, as a treatment for autism, few clinical trials have been conducted to see whether they're effective. The study, which begins enrolling patients today, is the first of its kind approved by the U.S. Food and Drug Administration to assess the use of stem cells as a potential

autism therapy, said Michael Chez, director of pediatric neurology at Sutter Medical Center in Sacramento, Calif., and the principal investigator.

Autism hurts brain development and is linked to poor social interaction and communication skills, repeated body movements, and unusual attachments to objects.

"With this study we'll be able to answer in a firm way that this is truly an observed effect, or we didn't get an observed effect," Chez said.

Thirty children with autism, ages 2 to 7, will be divided in two groups, with one getting the stem cell injection and the other receiving a placebo shot. After six months, the groups will switch. Patients will be monitored for improvement in language as well as irritability and other autism rating scales. **BLOOMBERG**

1 in 88

About 1 in 88 children in the U.S. are diagnosed with an autism-related condition.

NEW Paralegal Studies Program Associate's Degree

Conveniently located in Manhattan's Financial District.
Easy access to express subways and buses.

Now Enrolling for September Classes

Call Today!
(866) 688-3018



25 Broadway, Floor 16
New York City, NY
Accredited Member, ACICS

Business Management **NEW**
Paralegal Studies **NEW**
Massage Therapy **NEW**
Medical Assisting

MILDRED ELLY

For Albany extension program details and disclosures visit: mildred-elly.edu/disclosures

NEW Online Courses: transcription and coding careers. Call to learn more! (888) 414-6154

NEW Business Management Program Associate's Degree

Conveniently located in Manhattan's Financial District.
Easy access to express subways and buses.

Now Enrolling for September Classes

Call Today!
(866) 688-3018



MILDRED ELLY

NEW Business Management
NEW Paralegal Studies
NEW Massage Therapy
NEW Medical Assisting

25 Broadway, Floor 16
New York City, NY
Accredited Member, ACICS

For Albany extension program details and disclosures visit: mildred-elly.edu/disclosures



FREE
½ Hour
Massage &
Consultation
(some restrictions apply)

*New York City's Premiere
Medi-Spa and Wellness Center*

manhattan total health

**SPORTS MEDICINE • PHYSICAL THERAPY • CHIROPRACTIC
ACUPUNCTURE • MASSAGE THERAPY**

Grand Central:
144 E. 44th St., 6th Fl.
New York, NY 10017
(212) 905-0090

Midtown:
22 E. 49th St., 5th Fl.
New York, NY 10017
(212) 832-9127

West Side:
57 W. 57th St., Ste. 1012
New York, NY 10019
(212) 906-0140

Wall Street:
39 Broadway, Ste. 610
New York, NY 10006
(212) 514-5868



www.manhattantotalhealth.com





THE WORD



Metro's **Monica Weymouth** shares her take on the world of gossip [@monicaatmetro](#) [monica.weymouth@metro.us](#)

Ryan Lochte to hand out roses?

ALL PHOTOS: GETTY IMAGES



► We salute these shorts.

With four years until he's due in Rio, Olympic swimmer **Ryan Lochte** is scoping out a side job in reality TV.

At the top of the list is "The Bachelor," whose producers have been informed that they'll need to come up with at least \$750,000 for such high-quality abs. But even if they pay, Lochte may pass.

"Ryan is acutely aware that he has to attach himself to the right projects and endorsements that won't do damage to his all-American image," a source tells RadarOnline. "As much as he'd like to do it, Ryan does have some reservations about 'The Bachelor' because he wouldn't have any control on how he is portrayed on the show."

Ryan, at this point there's nothing more American than compromising your reputation, marriage and career in the name of fleeting fame. Consider this our blessing.

Bynes driving us crazy

Amanda Bynes has been slowly working her way up to a meltdown of **Britney** proportions for quite a while, but she's starting to pick up the pace. After being charged with a DUI in April and investigated for a possible hit-and-run just two

weeks ago, the actress was involved in another car accident in L.A. on Monday night, reports E! Online. In the latest incident, Bynes' Range Rover was rear-ended, but neither driver was ticketed.

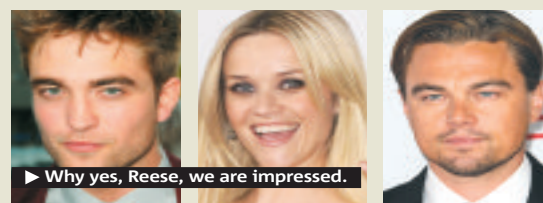
Amanda Bynes, even the girl who writes about your car accidents can afford a cab ride home. You're killing us over here.

Puerto Rico gets a little hotter

Hide your supermodels: **Leonardo DiCaprio** and **Robert Pattinson** are vacationing together, thanks to a little play date set up by mutual friend **Reese**

Witherspoon.

"Rob was totally taken by surprise when Leo called him," a source tells PerezHilton.com. "He invited Rob along on a getaway he's planning when he's in Puerto Rico. Leo wants to book a mansion at a secret location on the coast so he and his pals can party in private."

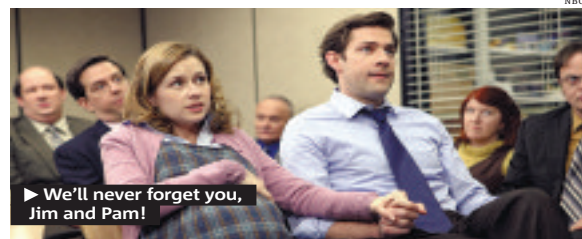


► Why yes, Reese, we are impressed.

Talking points

'Office' hours are over after this season

It's quitting time at "The Office." Yesterday, NBC announced that this is the last season for the comedy, which



► We'll never forget you, Jim and Pam!

star **Steve Carrell** has already departed. "All questions will be answered this year," exec producer **Greg Daniels** said in a conference call with reporters, according to TVLine.com. "We're going to see who is behind the documentary. [It's a] big Jim and Pam year. [Fans] will be pleased and excited by what we have planned for them."

Does this mean liberty for Ross?

Rupert Sanders' wife, **Liberty Ross**, is trying to send a message with her latest blog post for Vogue UK, but it's not entirely clear what that message is. Ross — who hasn't updated the blog since news broke of Sanders' affair with actress **Kristen Stewart** — published an image of an eagle with its wings spread under the title "Liberty," prompting many to speculate she's leaving Sanders. Those who have commented on Ross' blog seem to be taking it that way, as well.

Hilary Swank calls things off with agent

Hilary Swank has reportedly split from boyfriend **John**

Campisi after five years of dating, according to People magazine. The breakup apparently happened in May, a rep for the actress confirms to the magazine. The Oscar-winning actress began dating Campisi, then her talent agent, in 2007 shortly after her divorce from **Chad Lowe**.

No truth to reports of Scott's cancer

It appears there's no truth to the reports that director **Tony Scott** had been diagnosed with inoperable brain cancer before he decided to jump to his death from a bridge over Los Angeles Harbor Sunday. "According to family spokespersons, the information concerning brain cancer or an inoperable brain tumor

in Mr. Scott is incorrect," a spokesman for the L.A. coroner's office tells People magazine. The initial report of a cancer diagnosis came from ABC News, citing an anonymous source.



► Tony Scott and wife Donna



The feed ...

► Checking in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.

@RedHourBen (Ben Stiller)

Tony Scott made so many movies that influenced so many others. A genre to himself. A real loss. He entertained so many people.

@mindykaling

"Oh no, I like the girl whose boyfriend I'm going to steal" is a subject of my first hit r&b song

@DebbieReynolds1

The world is a sadder place for all of us who love to laugh. I love Phyllis Diller. Comedy will never be the same and neither will I.

@Joan_Rivers

Hand specialists say one of the most common ailments they treat is "texting thumb." In showbiz it has to be "flipping-off middle finger."



Debbie Reynolds

RESERVE YOUR SPACE

DEADLINE: two (2) business days prior to publication at noon.

CALL

866-900-9473

metroclassifieds

SEARCH IT. FIND IT. BUY IT.



10

my metro

NYC's #1 FREE DAILY

WEDNESDAY, AUGUST 22, 2012

myentertainment



You have our vote, zombies

1 Because politics aren't frightening enough, "The Walking Dead" staged an election-themed press conference in San Diego on Monday.

2 Holy '90s! **Alicia Silverstone** stopped by the Rockwalk in Hollywood on Monday to congratulate **Alanis Morissette**, who added her handprints to the collection.

3 That's right: **Vanilla Ice** — whose gigs are few and far between even for a white rapper — has "Wide Open" tattooed across his knuckles. Mr. Ice

swung by "Good Morning America" on Monday in his finest gun-toting angel baseball hat.

4 **KEM** performed at the African World Festival in Detroit on Sunday.

5 A scrubby **Bradley Cooper** was hoping you'd get distracted by his pretty blue eyes when posing with **Victor Garber** in New York on Monday. It totally worked.

1. ROBERT BENSON/GETTY IMAGES
2. MICHAEL BUCKNER/GETTY IMAGES
3. RAY TAMARRA/GETTY IMAGES
4. PAUL WARNER/GETTY IMAGES
5. CINDY ORD/GETTY IMAGES



TURN BACK THE CLOCK & LOOK YOUNGER WITH THERMAGE CPT LASER

- Top Rated Non-Surgical Skin Tightener
- Dramatic Results After One Treatment
- Tightens Face, Eyelids, Neck, Body
- No Downtime
- No Needles or Foreign Substances

- Used On All Skin Types
- Stimulates Your Own Collagen Production to Strengthen the Skin Foundation with Immediate and Long Term Results
- Thermage CPT Should Not Be Confused With Other Lasers

FIRST 15 PATIENTS TO BOOK 2 AREAS AT THE SAME TIME WILL GET 15% OFF!



THERMAGE TREATMENT NYC

110 EAST 40TH ST. #606 (B/W PARK & LEXINGTON)
NEW YORK, NY 10016

WWW.THERMAGETREATMENTNYC.COM

CALL 212-490-7700 TO BOOK A COMPLIMENTARY CONSULTATION TO SEE IF YOU ARE A CANDIDATE.

Barlow keeps the music interesting

► Sebadoh and Dinosaur Jr. co-founder talks the lo-fi revolution of the '90s and balancing time between acts

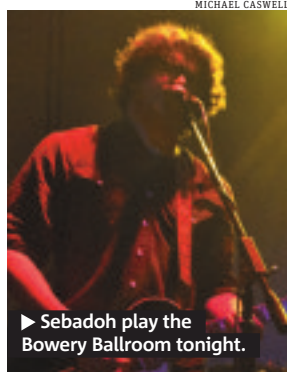
Originally created as a side project from Dinosaur Jr., Sebadoh quickly became Lou Barlow's main musical outlet after he was ousted from the band he helped create. After a notorious power struggle in songwriting with Dinosaur leader J. Mascis, Barlow began pursuing his more autonomous endeavors.

In contrast to the towering guitar-based rock band that Mascis and Dinosaur Jr. would become known for, Barlow and his work with Sebadoh soon led to a reputation as a pioneer of the lo-fi sound revolution.

Though at this point, he doesn't seek any credit or merit for the movement.

"I guess I never thought too much about it," notes Barlow. "It was really just about making music. In the '80s and early '90s, going to a studio was a sure way to kill your music. ... I just did what I did to keep it interesting for myself."

If Sebadoh releases may seem sluggish in recent times,



► Sebadoh play the Bowery Ballroom tonight.

MICHAEL CASWELL

Time for another 'Bakesale'

Recently, Barlow was also called upon by Sub Pop to reissue Sebadoh's seminal release from 1994, "Bakesale."

► "I didn't think there was a necessity to reissue," notes Barlow. "It's probably all still readily available in bargain bins everywhere and sitting in piles in warehouses. I think it is a gesture made by people and labels to say that you made an important record and you should reissue it."

► The band is recording again. "We just did a digital EP that came out a few weeks ago," notes Barlow. "We have 15 more songs in various stages of completion, and hopefully we'll release those early next year."

NOLAN GAWRON
letters@metro.us

Television at the movies

Get a sneak peek at Fox's new sitcoms

The new Fox comedies "Ben and Kate" and "The Mindy Project"

are already topping many TV critics' "best new sitcom" lists — and now you can get a sneak peek at the early faves. Fox is holding a special screening of "Ben and Kate" and "The Mindy Project," followed by a live-streamed Q&A panel with



Mindy Kaling stars in "The Mindy Project."

stars from the shows, as well as the cast of "Raising Hope" and "New Girl," the returning comedies rounding out the network's new Tuesday night lineup this fall. You must RSVP for the event, which takes place on Sunday at 8 p.m. at AMC Empire 25 (234 W. 42nd St.). RSVP to FOXTuesday NewYork@AlliedIM.com.

● METRO

WARWICK SAINT/FOX

YOUR CAREER STARTS at LIBI

Associate Degree in:

- Accounting
- Business Management
- Office Technology / Medical Office
- Homeland Security & Security Management
- Hospitality Management NEW PROGRAM

NEW PROGRAMS Certificate Programs in:

- Business Technology Specialist
- Elder Care Administration
- Hospitality Management
- Merchandizing and Management
- Small Business Operations

EARN A DEGREE

SHARPEN YOUR SKILLS

LAND THE JOB



Hablamos Español

Learn ESL from the Best
Ask us about our
GED+DEGREE program

Financial Aid Available if Qualified

718.939.5100

LONG ISLAND BUSINESS INSTITUTE

136-18 39th Avenue, Flushing, Queens For consumer disclosure, please visit www.libi.edu & click Gainful Employment Data link.

DENTAL IMPLANTS



We will beat or match any competitor's legitimate written estimate

\$395* +Post
\$595
+Crown
\$795
Total
\$1,785
per Implant

*Implant, abutment & crown must be completed at our office to qualify for promotional fees

Speak with your Smile Today! Expires 8/31/12

GRAND OPENING SMITHTOWN

Contemporary Dental Implant Centre



8 Convenient Locations

41st & Madison Avenue • Brooklyn
Valley Stream • Smithtown (Suffolk County)
Massapequa Park • Scarsdale
Reno Park • Wall Street

CT Scan-3D Views of the Jaw now available at our Madison Ave. location.

FREE CONSULTATION
Over 2,000 implants placed each year.

NEW PATIENTS ONLY
Must bring in ad at the time of consultation.

CALL 212-269-9500 TODAY!
Se Habla Español www.395DentalImplant.com **OPEN 7 DAYS A WEEK**

Professional Foot Care Specialist



- State of the art non-surgical treatment for foot and heel pain
- Minimal invasive procedures for corrections of bunions and hammertoes
- Weekend and evening appointments available
- Most insurance plans honored
- Free consultation
- Non-injection therapy for heel pain

New Cutting Edge Laser for Toe Nail Fungus!
ONLY \$500

Expires 8/31/12
Redeem with ad

Offices of Dr. Jeffrey Rosenblatt, DPM • Dr. Larry Cohen, DPM

225 Broadway, Suite 1420
New York, NY 10007
212-385-3800
(Financial District)

Grand Central-Midtown
15 West 44 St., 8th FL
New York, NY 10036
212-391-1279

375 Jay St., 2nd FL
Brooklyn, NY 11201
718-875-9251
(Metrotech)

Long Island Location
543 Hempstead TRK
West Hempstead, NY 11552
516-292-0023

Convenient Lower Manhattan & Brooklyn Locations!

NOW HIRING!
MANAGERS, ASSISTANT MANAGERS & RETAIL ASSOCIATES



OVER 20 STORES COMING TO THE NEW YORK CITY AREA!
APPLY AT WORK4SPIRIT.COM OR VISIT SPIRITHALLOWEEN.COM

Normalize gets rid of hipster photo filters

- New app is the anti-Instagram
- While basically a color-correction app, Normalize also de-filters snaps

Warning: a new app can make you look more pimply and less hipster-chic.

That is, if you've come to associate how you look in real life with Instagram-filtered, '70s-inspired photos of yourself.

Normalize, a new iOS app from developer Joe Macirowski, restores photos to "what they're supposed to look like."

"Normalize is the fast, easy way to bring new life to dull photos! The image-improving techniques used by this user-friendly application make colors more vibrant and hard-to-see details stand out like never before," says the app's descrip-

tion in the iTunes store.

However, if you take a look at a February blog post from Macirowski, detailing his reasoning for creating Normalize, it's clear the developer has some pent-up frustration with the now-ubiquitous filtered photos.

"Instagram certainly isn't new, and it's actually an app I enjoy, but every now and again, I encounter a picture in the 'real world' (AKA, any site outside of Instagram) where someone decides it's a good idea to use it when trying to take a picture of something they're legitimately trying to show," Macirowski



"... every now and again, I encounter a picture in the 'real world' where someone decides it's a good idea to use it when trying to take a picture of something they're legitimately trying to show. Something had to be done."

MACIROWSKI

wrote. "Something had to be done."

When it comes to functionality, you need to import photos from your library to Normalize. This makes the app a cumbersome tool for restoring your friends' Instagrams, as you would need to screenshot and crop photos from your stream. The app is really only designed for use on your own photos.

ZOE FOX FOR

Mashable
The Social Media Guide

CELEBRITY INDIAN HAIR CORP

"Making You Look Like The Star You Are"
presents the **HAIR MOVEMENT**

BACK TO SCHOOL & WORK SPECIAL!!

18" 8oz of Straight & Wavy Virgin Brazilian Hair for \$240!!
(Retail Value \$300)

CALL or TEXT 646-703-6008 or 646-842-5276 to order!

Text Ad with a VALID COLLEGE or WORK ID & receive \$10 off!

Pay via CHASE QUICKPAY or PayPal receive \$10 off!

Offers can be combined!

FREE SHIPPING on ALL ORDERS in NYC!!

BODY SLIMMING LASER SALE

It's not too late to get bikini or Speedo ready!

Zerona® Non-Invasive Body Slimming
Painless permanent results in 2 weeks
6 Sessions **\$499**



Spa Specials Choose Any 2 for \$99

- One Hour Massage • One Hour Facial
- Microdermabrasion • Teeth Whitening
- Cellulite Reduction

\$20 Specials

- Manicure with Pedicure • Waxing: Brazilian, back, chest, or full legs

LASER UNLIMITED - 1 Year Unlimited

- \$890** Full Leg, Brazilian, Back, Chest, or Full Face
- \$690** Bikini Area, 1/2 Leg, Full Stomach, or 1/2 Arm
- \$499** Underarm, Sidearms, Lip, Chin, Shoulder, Hands, Feet
- \$899** FRACTIONAL: Reduce Acne Scars, Stretch Marks, Large Pores, Fine Lines

THERMAGE CPT - 1 Treatment No Down Time

- \$899** Any Area - Tighten skin, reduce lines
- \$499** Eye lift or crow's feet or eye bag reduction

Eye Discoloration Reduction with GentleWaves®
10 Sessions **\$199**

 180 7th Avenue South • (212) 229-0399

FREE CONSULTATION FOR MEN & WOMEN WILL BEAT ALL COMPETITORS BY 10%

MANHATTAN DENTAL SPA 

When experience matters... the choice is clear!

 **AS SEEN ON ABC AND NBC NEWS**

 **Top 1% of North America**



The Invisalign Center

\$1000 GIFT CERTIFICATE ON INVISALIGN
(straight teeth no braces)
OR

FREE TEETH WHITENING
(with a dental cleaning, x-ray, and exam)
exp. 8/31/12

212-683-2530
FREE CONSULTATION

200 Madison Ave NYC, Suite 2201
www.manhattandentalspa.com

"Awarded Elite Provider by Align Technology for being Top 1% of Invisalign Providers" Most cases completed successfully

NEVER SHAVE AGAIN
LASER HAIR REMOVAL SPECIALS!

- Lip, Chin, Or Underarms \$50
- Upper Arms or Lower Leg \$99
- Brazilian Or Bikini \$99
- Full Face w/ Neck \$150
- Full Leg Or Full Arms \$150
- Back Or Chest \$149
- Full Body \$499

Full Leg w/ Brazilian Wax \$49

Spring into Summer Detox
Treatments 2 for \$99 (reg \$285)

- Slimming & Detoxifying Body Wrap
- LPG Cellulite Reduction
- Deep Pore Cleansing Facial
- Microdermabrasion
- 1-Hour Aromatherapy Massage

"Best ways to lose weight!"
www.perfectbodyforlife.com



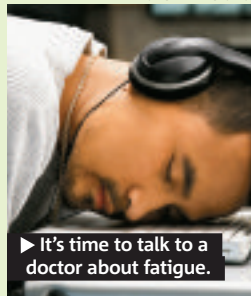
Nina's
Day Spa & Laser Center
IN BUSINESS OVER 25 YEARS

5 West 35th St
www.ninasskincare.com
212-594-9610

NEW CUSTOMERS ONLY

Health news

RON CHAPPEL STUDIOS



Always exhausted? What it could mean

Tiredness is part of our daily cycle. But if you're constantly exhausted, something could be amiss.

"If you take a nap or get a good night's sleep and feel ready to go, then [fatigue] isn't anything to worry about," says Dr. Kent Holtorf, who specializes in fibromyalgia and fatigue at the Holtorf Medical Group, which has offices in Philadelphia. "Or if you exercise and feel better, then you're healthy. If you exercise and feel worse, then you should think [about] chronic fatigue syndrome."

Unrestful sleep, muscle aches, cognitive dysfunction and depression are all symptoms of CFS.

"Chronic fatigue syndrome is a bad term; it doesn't tell you anything," Dr. Holtorf adds. "The causes are hard to determine — and therefore hard to treat."

Dr. Holtorf says that certain people are more susceptible to CFS than others. "It's usually a Type A personality," he says. "They don't rest, and the body is overwhelmed."

● LINDA CLARKE

5 Foods that boost memory

► Bites that boast brain power? ► We'll take seconds of that, please! ► Your morning staple is already on the list

Joy's healthy bite



JOY BAUER

WWW.JOYBAUER.COM

1 CUP

A 2012 Harvard study found that women who ate at least one cup of blueberries and strawberries per week experienced a sizeable 2.5-year delay in mental decline relative to women who rarely ate berries.

Does your memory need a boost? Then dig in to some blueberry pancakes and sip a chilled glass of beet juice, because food for thought has taken a cutting-edge twist. Thanks to modern research, there is now evidence that certain components of vegetables, fruits, whole grains and fish can actually enhance brain function and slow age-related memory loss. Here are five top brainy bites:

Berries: Berries are loaded with anthocyanins, powerful phytochemicals that give these delicious edible gems their vibrant purple, red and blue hues. A 2012 Harvard study found that women who ate at least one cup of blueberries and strawberries per week experienced a sizeable 2.5-year delay in mental decline relative to women who rarely ate berries. With that in mind (pun intended), try adding blackberries, blueberries, raspberries or strawberries to yogurt, smoothies, cereal and batters for pancakes and muffins.

Kale: Turns out kale is just as beneficial for your brain as it is for your ticker. In a 25-year Harvard study of more than 13,000 women, participants who ate high amounts of vegetables experienced less age-related decline in memory over the years, and leafy greens such as kale were among the most impressive. Try braising kale with a bit of olive oil, garlic and 1/3 cup water or low-sodium broth for a simple side dish.

Beets: Beets may be another secret weapon against memory loss. Researchers at the Translational Science Center found that giving older adults a daily dose of beet juice helped to increase blood flow to the area of the brain affected by dementia. If guzzling this earthy purple drink is just not your thing, get a dose of plant medicine by adding beets to your bowl whenever you hit the salad bar. At home, try mixing grated raw beets into coleslaw, or enjoy the classic, elegant combo of roasted beets, goat cheese and arugula in a salad or sandwich.

— For more tips on healthy eating, follow Joy Bauer on Facebook and Twitter (@joybauer) and visit www.joybauer.com.

Metro does not endorse the opinions of the author, or any opinions expressed on its pages.

Salmon

► Salmon earns rock-star status in matters of the mind. That's because fatty fish are rich in omega-3 fatty acids, a structural component of the human brain that enables neurons to conduct signals and communicate with other cells. Studies confirm that frequent fish eaters experience slower rates of cognitive decline as they age. Keep your brain razor-sharp by eating fatty fish like salmon at least twice each week.

GETTY IMAGES



► Jessica Alba's java jolt may help her remember what's on her busy schedule.

Coffee

Coffee lovers, rejoice! It turns out your morning ritual could have some serious memory perks. Researchers from the University of Innsbruck in Austria found that giving people the caffeine

equivalent of two cups of coffee improved memory skills, reaction time and neuron signaling as compared to brain activity without caffeine. The long-term benefits are even more mind-boggling. In a European study of 676 older men, those who av-

eraged three cups of daily coffee experienced less mental decline than nondrinkers over a 10-year period. So if you're a java aficionado, bottoms up and enjoy the brain boost that comes along for the ride — just go easy on the sugar!

"TAKE THE PAIN OUT OF YOUR DAY"

Sports Medicine • Physical Therapy • Acupuncture • Massage

DO YOU HAVE:



NECK PAIN?



BACK PAIN?



HIP OR LEG PAIN?



SHOULDER PAIN?



WRIST OR HAND PAIN?



ELBOW PAIN?



KNEE PAIN?



ANKLE OR FOOT PAIN?

PINS & NEEDLES SENSATION OR TINGLING IN THE HANDS OR FEET? CARPAL TUNNEL SYNDROME??

347-706-1892

Most patients seen in 10 mins or LESS

MOST INSURANCES ACCEPTED

EMPIRE PHYSICAL MEDICINE & PAIN MANAGEMENT
551 5th Avenue (at 45th St.)
Suite 525, NYC

DOWNTOWN SPINE, SPORTS & ORTHOPEDIC REHABILITATION, PC
65 Broadway / 47 Trinity Place, Suite 603
(Between Wall Street & Exchange Place)

Code B

STOP BACK PAIN WITHOUT SURGERY



mywellbeing

Health notes

Get in the game

Next Thursday's four-mile **NFL Back to Football Run** (7:30 p.m., Central Park) will be the official start of the city's 2012 Kickoff Week. At the race, participants can enter to win two tickets to the 2012 NFL Kickoff Game on Sept. 5 (Giants vs. Cowboys) or a signed football from Eli Manning, Tony Gonzalez or Andrew Luck. A pre-race fun-run will take place at 6 p.m. Register at www.nyrr.org.

Pilates promos

True Pilates New York (50 W. 57th St., 212-757-0724) has some sweet promos we couldn't resist sharing. Come September, mat classes are half-off for students with a valid ID (\$15 instead of \$30). Parents looking for a little midday R&R can take advantage of 25 percent off private lessons, Monday-Friday during school hours. Visit www.truepilatesny.com for more info. **METRO/ME**

How to hydrate healthily

► Eight cups of water a day — is that really necessary? ► What to do if you hate the taste of it ► And what your pee is trying to tell you

With this summer's record heat, we asked Barbara Rolls, Ph.D., to explain how we should keep our bodies hydrated the right way. Rolls, the Helen A. Guthrie Chair of Nutritional Sciences at Penn State, is the author six books, including "Thirst" and her latest, "The Ultimate Volumetrics Diet."

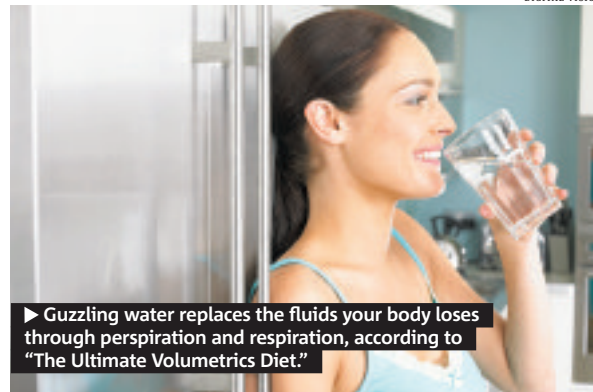
Do we really need eight cups of water a day?

"Government dietary guidelines no longer give a specific recommendation on how much to drink, since healthy people usually take in plenty of water," she says. "The Institute of Medicine gives a general guideline of nine cups for women and 13 for men. All the water your take in counts to-

ward these numbers — both that from food and water. Food contributes about 20 percent of the total in most people. ... [Your] urine should be pale in color. If it's darker and concentrated, then you should try drinking more water."

What are symptoms of dehydration?

"The first sign is thirst, which is accompanied by unpleasant taste and which — as fluid deficits increase — has been described by people stranded in deserts as 'cotton mouth.' Dehydration also causes a lack of appetite, headache and dizziness. A sense of malaise is also a symptom. ... Dehydration in healthy people is rare; thirst happens before there is any serious water loss in the body."



► Guzzling water replaces the fluids your body loses through perspiration and respiration, according to "The Ultimate Volumetrics Diet."

Does drinking too much cause fluid retention?

"It's unlikely that anyone gets into trouble by drinking too much, unless there's an impairment of the kidneys. Medication or stress could cause us to not offload fluids as efficiently — salty foods, too. But we have a very good regulatory system — it's exquisitely balanced."

What should we drink to hydrate healthily?

"Water is best. There are so many choices: You can jazz up your water with all sorts of flavors. Adding calories with sodas isn't healthy and sugary drinks don't quench thirst as well as water." For when water just won't cut it, Rolls writes in "The Ultimate Volumetrics Diet" that "fat-free milk, 100 percent vegetable juice or a small portion of 100 percent fruit juice" are good options.

Eat to get H2O

"We don't just get water from drinks," says Rolls. "A lot of our food provides the body with water." "The Ultimate Volumetrics Diet" advocates eating a high-water-content diet with plenty of these:

- Melons
- Berries
- Citrus
- Peaches
- Apples
- Lettuce
- Cucumbers
- Tomatoes
- Celery
- Peppers

Alcohol and caffeine both have diuretic action, causing the body to expel water. Can they cause dehydration?

"Only initially. The body will re-dress the balance quickly once you drink [water]. If you are trying to hydrate your body only with double lattes, that could be a problem!"

LINDA CLARKE
letters@metro.us

PODIATRIST

The Most Advanced Techniques Used for Bunions and Hammertoes

A new approach for treating Tendon Injuries for the Achilles, Tendonitis and Plantar Fasiitis (Heel and Arch Pain)

New Treatment For Heel Pain, Shockwave, PRP as | Platelet Rich Plasma
seen on the front page of *The New York Times* Therapy (PRP)

Perfect Footcare

184 E 70th St. Suite B1
(Between Lex & 3rd)
New York, NY
(917) 291-6966

Dr. Paul Drucker, DPM

121 E. 60th St. Suite 3D
(Between Lex & park)
New York, NY
(212) 486-7333

162-15 Highland Ave
Jamaica, NY 11432

(718) 658-9383

Dr. Ernest Levi, DPM

Midtown - Grand Central
30 E. 40th St., Suite 401
212-685-5100

Feet Hurt? Bunions?
Hammertoes? Heel Pain?

Now Featuring

genesisplus CUTERA

Helps Eradicate Fungal Nails

Take the Foot Health Checkup

- My toenails are streaked, discolored, thickened.
- The side of my toenails dig into the skin and hurt.
- I have a large bump behind my big toe (or little toe) which is always red.
- I get an extremely painful "cramp" in the area of my third and fourth toes when wearing shoes.
- My toes aren't straight — they are crooked, bent and hurt.
- I have painful calluses on the ball of my foot which keep building up.
- I have corns on my toes which get thicker no matter what shoe size I wear.
- The bottom of my heel hurts all day, but it's worse when I step out of bed in the morning.
- I have cramps in my legs which always happen when I walk the same distance.
- My ankles are swollen most of the time.
- My feet are always dry and scaly — sometimes they itch.
- My feet just hurt all over when I stand or walk a lot.
- I have numbness, burning, infection, persistent pain, skin rash, or open sores.

If any of these apply to you, call today.

Patient is responsible for co-pays & deductibles • most insurance plans accepted • complete family foot care • laser surgery available



ADVANCED
VARICOSE VEIN
TREATMENTS OF MANHATTAN

CERTIFIED BY THE AMERICAN BOARD OF PHLEBOLOGY

- VNUS Closure
- Foam Sclerotherapy for spider veins
- EVLT Laser Treatment
- Asclera

Resume to normal activities within a day
Most Health Insurances accepted

Anesthesia available for
your comfort

HABLAMOS
ESPAÑOL

Tel: (212) 204-6501

ГОВОРИМ
ПО-РУССКИ

Visit our website for more detailed information: www.TreatmentsOfManhattan.com

DOWNTOWN - 111 John St., Ste. 1450, New York, NY 10038 (Btwn Cliff & Pearl St.)

Nearest Transit: **Fulton St.** Neighborhood: **Financial District**

RESERVE YOUR SPACE

DEADLINE: two (2)
business days prior
to publication at noon.

CALL

866-900-9473

metroclassifieds

SEARCH IT. FIND IT. BUY IT.



mymetro

WEDNESDAY, AUGUST 22, 2012

15

mywellbeing

Bret Michaels: How I stay healthy

► Let the rocker talk dirty to you about his diabetic lifestyle and his postsurgical return to exercise

Bret Michaels knows a thing or two about fitness, but he's learned the hard way. The Poison singer and "Rock of Love" and "Life As I Know It" star is a lifelong diabetic who recently recovered from both brain and heart surgery. Michaels turns 50 next March, and despite a bump in his personal life (he just split from his fiancée, with whom he has two daughters), he's busy completing summer tours, playing solo shows and teaming up with Poison again. The rocker, who made VH1's upcoming 100 Sexiest Artists list, shares his fitness insight with us.

On the road or off, the diet is on: "Being a diabetic since I was a kid, I've learned to watch what I eat," he says. "The first thing I do every morning is check my blood sugar levels. Then I'll have breakfast — usually an egg white omelet, stuff I like to eat. Nothing too elaborate. It's usually the same routine, but I don't deny myself. These days, there's so much choice when you're traveling that it's easy to stick to a healthy diet."

Keeping up his stamina for a



► Michaels is currently on tour with Poison and Def Leppard.

busy career: "I love food — but being a diabetic, I have to watch my carb intake," Michaels says. "I grew up in an environment where you ate three big meals a day. As a diabetic, I had to break those into smaller meals. ... But it's a healthier way to eat."

His postop recovery and returning to exercise: "I was in the hospital for a month recover-

Quoted

"Being a diabetic, I have to watch my carb intake." MICHAELS

Every rose
has its abs

Michaels launches a line of resistance bands, "Rock Bands," in time for Christmas:

► "These I can take with me anywhere. I'm not one of those guys that says you don't need to go to the gym. I love to go to the gym. But for someone who can't, these are perfect."

LINDA CLARKE
letters@metro.us

Your doctor
spent 5 minutes?

Another
reason to call.

You want an outstanding doctor and we can connect you with one who's right for you. Whether near your home or office, doctors affiliated with Continuum Health Partners hospitals — Beth Israel Medical Center, Beth Israel Brooklyn, Roosevelt Hospital, St. Luke's Hospital, New York Eye & Ear Infirmary — are conveniently located throughout Manhattan and Brooklyn. Our doctors participate in all major insurance plans.

Need a great doctor?
Call 866.811.7225.

www.chpnyc.org

Continuum
Health Partners

Beth Israel Medical Center
Beth Israel Brooklyn
Roosevelt Hospital
St. Luke's Hospital
NY Eye and Ear Infirmary

DOWNTOWN PODIATRY

manhattan's premiere foot doctors



CALL FOR AN APPOINTMENT TODAY!

www.downtownpodiatry.com 1.877.BUNION.1 (1.877.286.4661)

NEW
TREATMENT
AVAILABLE!

Aerolase Laser
Nail Fungus Treatment

DOWNTOWN

111 John Street Ste. 1450

MIDTOWN

315 Madison Ave. Ste. 513

Most insurance accepted

FREE
CONSULTATION
WITH THIS
AD

THE MUSEUM OF MODERN ART

11 WEST 53 STREET

SKIP THE LINE—

BUY TICKETS ONLINE

MOMA.ORG/TICKETS

FROM LEFT: Salvador Dalí, *The Persistence of Memory*, 1931, Oil on canvas, Given anonymously, © 2012 Salvador Dalí, Gala-Salvador Dalí Foundation/Artists Rights Society (ARS), New York; Minka Podhajska, *Series of Personifications of Childhood Misdemeanors*, 1930, Painted wood, Museum of Decorative Arts, Prague, © 2012 Minka Podhajska; Photo: Martin Seck

CENTURY OF THE CHILD

Growing by Design

1900-2000

NOW ON VIEW

RELAX

IN THE

SCULPTURE

GARDEN

MOMA.ORG/START

16

my metro

NYC's #1 FREE DAILY

WEDNESDAY, AUGUST 22, 2012

myletters&games

Letters

letters@metro.us

Tax return debate can reform rates

Republicans should be proud that both Romney and Ryan are successful, pay taxes and have legally used the tax code to their advantage. That's the American Way. Rather than argue that two or five returns are sufficient, use the controversy as a campaign plank to overhaul the tax system and simplify it. Perhaps a flat tax is the answer on income above the poverty level.

ROBERT L. JACKOWSKI, NYC

Reading between Reagan's lines

Republicans in general, and Mitt Romney in particular, are fond of quoting President Reagan. However, in his refusal to make public his tax returns for the last 10

All the world's a stage for the GOP

Mitt Romney and Paul Ryan's claim that the Affordable Health Care Act will rob Medicare of \$716 billion is an adept sleight of hand — but this is simply not true. The \$716 billion is the projected long-term cost savings in the Medicare program as a result of the health care legislation. And Ryan's recent appearance at an event in Florida with his mother, a Medicare recipient, was political theatre, presenting him as a defender of a program that he would like to privatize.

KEITH ERVIN, QUEENS

Akins wrong doesn't represent the right

Rich Brittle says that Todd Akin's comments "prove the conservative attitude toward women's issues." Spare us the phoney outrage. The guy truly believes that abortion is murder in all cases and made a mistake in framing his argument in an unproven medical statement — and he is paying the price by being asked to drop out. If this "proves" anything, it proves that people are willing to make asinine claims implying pro-life means pro-rape. If your assertion was correct, Republicans would be rallying around Akin like Democrats rally around Joe Biden when he pretends he's black.

KEVIN METZ, VIA E-MAIL

Court date needed to eradicate 'PC'

It is about time that we see "political correctness" for what it is: an assault on free expression. It is time for it to be challenged and defeated in a decisive "crash and burn" lawsuit.

MARVIN FINKELSTEIN, VIA E-MAIL

Horoscope

Leo July 23-Aug. 22. Take positive measures to fulfill your aspirations. You're presently in a brief cycle where your hopes have better-than-usual chances of being realized.

Virgo Aug. 23-Sept. 22. One of your greatest assets is the ability to take the ideas of others and expand upon them in ways that could prove beneficial to everyone involved. Don't waste this gift.

Libra Sept. 23-Oct. 23. Attitude is always extremely important, but a happy face can be more rewarding than usual today. If you think and behave like a winner, positive results are likely. Don't doubt yourself.

Scorpio Oct. 24-Nov. 22. Lady Luck is likely to single you out in helping you reach a financial or career objective. She'll chart your path and open the doors, but the rest will be up to you.

Sagittarius Nov. 23-Dec. 21. You could be in for a wonderful surprise when a situation that you've been fretting about turns out to be a boom rather than a bust. Don't doubt yourself.

Capricorn Dec. 22-Jan. 19. There's no need to be resistant toward change, even if it's being imposed upon you by outside forces. Lady Luck herself is engineering this in-

timidating shift.

Aquarius Jan. 20-Feb. 19. You could derive some extra benefits by treating business associates as if they were friends or comrades. A personal touch can be powerful.

Pisces Feb. 20-March 20. Be on alert for an opportune development involving your career. That big break you've been longing for might be ushered in through a set of fortunate circumstances.

Aries March 21-April 19. Someone you know socially could be a big help when it comes to a nettlesome business issue. Listen carefully, and treat any tips or advice they have to offer very seriously.

Taurus April 20-May 20. Provided you are prepared to follow an important endeavor to its conclusion, this could be an extremely productive day. The results you desire are indicated.

Gemini May 21-June 20. An idea or concept that you've been mulling over has greater potential than you may realize. Talk it over with a trusted colleague who is as farsighted as you are.

Cancer June 21-July 22. If your judgment tells you that the odds appear to be in your favor, make a move to better your financial situation. Sometimes it pays to take a calculated risk.

BERNICE BEDE OSOL

E-mail your letters: letters@metro.us

Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact information.

Across

1 Hamster cousin

7 Maybes

10 Hard to find

14 Work too hard

15 Bruce ___ of kung fu

16 Quit flying

17 Happen to

18 Capp comic ___ Abner

19 "Nutcracker" costume

20 In the know (hyph.)

23 ___ out (rescues)

26 Thunder Bay prov.

27 Out-of-date

28 Boulevard liners

29 ___ alai

30 IBM competitor

31 Grassy field

32 Oxford tutor

33 Ennui

37 Drag

38 Luau strings

39 Narrow inlet

40 "Gotcha!"

41 NFL player

43 DC tax org.

44 Groupie

45 Box-office bomb

46 Lime cooler

47 Geologic sample

48 Smack

51 Mineral spring

52 Neighborhoods

53 Winter warmer (2 wds.)

56 Soul singer ___ James

57 Tote

58 Gomer Pyle's cousin

62 Proofer's word

63 Yea, to a matador

64 Fictional Queen

65 Ripped

66 Storm center

67 Heavy hammer

Down

1 Dollop

2 Curie daughter

3 Sports "zebra"

4 Bench-clearers

5 Runs in neutral

6 Lie around

7 Urbana 11

8 Bluff

9 The mind's I?

10 Daily grind (2 wds.)

11 Grads

12 Ceremonies

13 Debussy music

21 Borrowed car

22 Pavarotti perform-ances

23 With ___ on (eagerly)

24 Kayak user

25 Flack's concern

29 Said in fun

30 Bete ___

32 Great Lakes port

33 Kind of wreath

34 "Platoon" actor

35 Maureen of the screen

36 Horses' hair

42 Train

46 Orbit extreme

47 Bayou dweller

48 Thorax

49 Powerball, e.g.

50 Web-footed mammal

51 Rough, like a snake

52 Lagoon boundary

54 A woodwind

55 Birthday counts

59 Sleeping place

60 Joule fraction

61 Deli loaf

2	3		1				8
					4	1	
	4		6		9		
			4	2	1		9
4			6		3		5
3		1	8	7			
		4		3			8
	7	6					
9					6		4
						4	2

SUDOKU LEVEL: EASY

		4	9	6				5	
3							7		2
2						3	6		
			4	2		8		7	
				5	3	4			
	3		7		1	9			
		3	8						7
5		1							6
	2					5	4	8	

SUDOKU LEVEL: HARD

Solution to yesterday's crossword

TUNA	PROWS	TYPIE
WHEN	LATHE	ETAL
ISAK	UNYTE	TELL
NAPLES	PRAIRIE	
ERS	PSST	
CONTRIVE	LOPES	
HUE	GPA	ADOPT
ENIGNS	ABSENCE	
ACTOR	UTE	COM
PESCI	RACQUETS	
TAKES TO	ODDEST	
SLAM	RAYON	OLIO
ASTI	INURE	CANT
ROOT	ASKED	KNEE

How to play Sudoku:

Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

To advertise — phone: 646-792-8034 email sales: advertising@metro.us

METRO NEW YORK

| Editor in Chief: Tony Metcalf tony.metcalf@metro.us, @edinchiefmetro

| Managing Editor: Ron Varriall ron.varriall@metro.us |

City Editor: Carly Baldwin carly.baldwin@metro.us |

Features Editor: Amber Ray amber.ray@metro.us, @amberatmetro |

Sports Editor: Mark Osborne mark.osborne@metro.us |

Deputy Features/Careers/Books/ Travel editor: Dorothy Robinson dorothy.robinson@metro.us |

Home/Style editor: Tina Chadha tina.chadha@metro.us |

Film/Tech editor: Heidi Patalano heidi.patalano@metro.us

E-MAIL US: letters@metro.us

As the world's largest global newspaper, Metro has more than 17 million readers in over 100 major cities in 17 countries • Metro New York 44 Wall St., New York, NY 10005 • main: 212-952-1500 • sales fax: 212-952-1505 • National and Executive Sales Director Ed Abrams • U.S. Circulation Director Joseph Lauletta • U.S. Marketing Director Wilf Maunoir • e-mail sales: advertising@metro.us • distribution e-mail: distribution@metro.us • Advertisements appearing in Metro are published in good faith. Metro does not endorse and makes no representations about any of the advertising content appearing in its pages. Metro is not responsible for any loss or damage whatsoever resulting from readers using the services of its advertisers. Readers should exercise caution when replying to advertisements, especially those which require any form of payment, and, where necessary, should seek independent legal advice.

CAC

of Circulations

metro

FANTASY FOOTBALL 2012 DRAFT GUIDE

Must-own players

Take these three in the middle rounds and watch them break out:

QB MATT RYAN

Target in Round: 5

Why: Under new OC Dirk Koetter, the Falcons are shifting to a pass-first, up-tempo philosophy. Ryan has two elite wideout weapons and is entering his prime at age 27. He's going to have a career-best season.



WR BRANDON LLOYD

Target in Round: 5

Why: The last time Lloyd and Pats OC Josh McDaniels were together (Denver, 2010), he went off for 1,448 yards and 11 TDs. Kyle Orton and Tim Tebow were his QBs that year. Tom Brady is his QB now.



RB KEVIN SMITH

Target in Round: 7

Why: Jahvid Best (concussions) is done and Mikel Leshoure (Achilles) is in trouble. That leaves Smith as a perfect fit in the Lions' pass-happy scheme.



Athletes win

At many points this season, Julio Jones is going to catch a quick-hitting wideout screen. So will Stevie Johnson.

However, there's a big difference here. Jones is a threat to bust a tackle, leap over a linebacker and outrun a corner to the house. Johnson simply isn't capable of that.

That seemingly small variation is the underlying theory that should be driving our fantasy drafts. By targeting the biggest, baddest, fastest and strongest athletes, we give ourselves an inherent advantage.

It's because the most athletic guys are the ones that get yards when they aren't there. They are the ones that get their number called near the end zone. Coaches give them the playing time.

So when you're on the clock at your draft, think about getting the freaky athletes. Jones is 6-foot-3 and 220 pounds with 4.39-second 40-yard speed. If you choose to go quarterback early, look at the unique running ability of Cam Newton. Jake Locker (see below) com-

bines elite arm strength with fearless scrambling skills.

The position where we really need to be careful is at running back. Plodding backs that don't contribute in the passing game don't fit in today's NFL. You want to look for ex-

plosive runners like Chris Johnson or LeSean McCoy — even unheralded young players like DeMarco Murray. The likes of Shonn Greene, BenJarvus Green-Ellis, LeGarrette Blount, Michael Turner and Cedric Benson aren't athletes. Therefore, their workload and effectiveness will suffer.

And that's not a winning formula.



ADAM LEVITAN
alevitan@metro.us



Julio Jones is a threat to bust a tackle. Draft him early.

Don't-touch players

Scratch these prime bust candidates off your draft board:

RB FRANK GORE

Where he'll go: Round 4

Why not: The Niners know that Gore is declining at age 29. They brought in Brandon Jacobs, drafted LaMichael James and are talking up Kendall Hunter. Also, Gore is no longer a threat in the passing game.



QB MATT SCHaub

Where he'll go: Round 9

Why not: When Schaub was lighting up box scores, the Texans were a pass-happy team with a poor offensive line. Now they have an elite defense and the best run-blocking line in the league. Schaub won't be asked to win games.



RB ADRIAN PETERSON

Where he'll go: Round 2

Why not: Backs one year removed from an ACL tear almost never reach their previous form. Peterson won't get a full workload and won't be as explosive.



In the news

Proko talks

Nets owner Mikhail Prokhorov knows how to talk big.

The 6-foot-8 Russian billionaire mocked Knicks owner James Dolan in a New York Magazine interview, calling him "that little man." Prokhorov, who rarely goes to games, also said he'd come to "all the playoff ones" next season.

Prokhorov famously announced he'd turn Knicks fans into Nets fans when he bought the team in 2010.

Local prospects



Ahmad Bradshaw

- **Metro RB Rank:** 21
- **Outlook:** Bradshaw has creaky wheels and explosive rookie David Wilson is on his heels.
- **Strategy:** He'll go higher than he should. Avoid.

Santonio Holmes

- **Metro WR Rank:** 45
- **Outlook:** An unmotivated talent in an extremely run-heavy scheme. QB play is also a major concern.
- **Strategy:** We can find more upside at the WR3 spot.

Hakeem Nicks

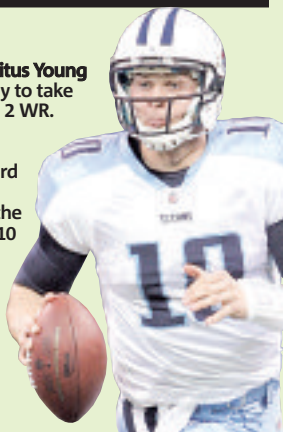
- **Metro WR Rank:** 5
- **Outlook:** The foot injury is a non-issue. Nicks has dominant raw skills and a QB will be aggressive.
- **Strategy:** If you go RB-RB early, Nicks is a strong WR1.

Sleepers by the numbers

48 Catches last season for **Titus Young** as a rookie. The speedster is ready to take over for Nate Burleson as the No. 2 WR.

4.59 **Jake Locker's** 40-yard dash time at the 2011 NFL Combine. As the new starter for the Titans, he'll run his way into top-10 fantasy QB status.

5.9 Yards per carry for **Evan Royster** last season. This season, he's going wire-to-wire as the leader of the Redskins' RB battle.



RUSH PASSPORTS & VISAS

- Passport Renewals
- original/photos
- All Visas—All Consulates
- DMV/ License Plates

10% Discount with this Ad

IT'S EASY INC

30 Rockefeller Plaza, N.Y. Concourse level — A licensed private service bureau. Pick-up and delivery available
itseasyservices.com

877-33-ITS EASY CALL TODAY

24 Hour Service Available

THE SMILE YOU'VE ALWAYS DREAMED OF!

FEATURED ON: TopDoc America

- Veneers
- **Dental Implants:** To replace missing teeth permanently
- **Invisalign Preferred Provider:** Straighter teeth without braces

Dr. Shirzadnia DDS & Dr. Yam will be providing free consultations to answer your questions about Invisalign. If you have wondered if Invisalign is right for you, make an appointment this month.

Invisalign Super Saver \$1500 off
Aug. 1 - Sept. 15, 2012

HERALD SQUARE'S LOWEST INVISALIGN PRICE EVER! 12-MONTH, NO INTEREST FINANCING (MUST QUALIFY)

- \$1,500 off Invisalign treatment including complimentary teeth whitening (additional \$600 value)
- Free Viverra Retainers with Treatment (additional \$500 value)

Leaders in Implant & Cosmetic Dentistry! - Est. 1977

CALL NOW TO SCHEDULE YOUR COSMETIC DENTAL EXAM

212-689-0024

224 West 35th St., New York, NY
16th Floor (between 7th and 8th Avenues)
www.heraldsquaredental.com

Cream of the crop: The overall top 12 for drafting

1 Arián Foster, RB, Hou. — Dominant all-around talent and is playing with the game's best run-blocking line. Just make sure to handcuff talented backup Ben Tate.

2 LeSean McCoy, RB, Phi. — Andy Reid loves to ride his workhorse backs into the ground. McCoy finds yards where other backs don't.

3 Ray Rice, RB, Bal. — A three-down, pass-catching and goal-line back that is one of the most durable players in the NFL. Can't go wrong.

4 Darren McFadden, RB, Oak. — He's long overdue for some luck regarding injuries. When healthy, there isn't a more talented back.



► There aren't many three-down and goal-line running backs out there. Chris Johnson is one of them.

5 Chris Johnson, RB, Ten. — Johnson finally appears motivated and in tip-top shape after last year's disaster. He's looked better in preseason. He'll find more room to run as the Titans shift to a spread offense.

6 Calvin Johnson, WR, Det. — Megatron is the best player in the NFL, regardless of position. He'll see fewer double-teams this season with Titus Young stretching the field deep.

7 Aaron Rodgers, QB, GB — A-Rod will almost certainly lead all fantasy players in raw points. Like so many other quarterbacks, his floor is extremely high. But it's by far the deepest position in all of fantasy.

8 DeMarco Murray, RB, Dal. — Murray has been among the stars of Cowboys camp while incumbent top running back Felix Jones has struggled badly. Expect 300-plus touches for Murray.

9 Matt Forte, RB, Chi. — The Bears' offense is set to explode, and Forte is in the middle of it. Biggest concern is Michael Bush vulturing goal-line work, but Forte is a value at the ultra-thin running back spot.

10 Ryan Mathews, RB, SD — He's out with a fractured collarbone right now, but once bones heal they are all good. The Chargers are still counting on Mathews as an every-down workhorse.

11 Julio Jones, WR, Atl. — The Falcons are going to ride or die with Matt Ryan's arm this year. That means a ton of deep shots to Jones, who is ready to become a household name in the NFL. Freaky athletic ability.

12 Jimmy Graham, TE, NO — Tight end isn't quite as deep as you think. Graham hasn't even scratched the surface of his talent and doesn't have as much competition for targets as Rob Gronkowski.



► Rodgers

OVERTIME

WAGES/TIPS/ FIRED?
212-286-1425

Discrimination? Injury? Fraud?
LAW OFFICE OF WILLIAM C. RAND
488 Madison Ave., Suite 1100, N.Y., N.Y. 10022

Thinking About Bankruptcy?

Buried in credit card debt?
Struggling to get by?
Bankruptcy can be your way out!
Call Today for a Fresh Start Tomorrow
Fees you can afford

Jay Simon, Attorney
718.222.4619
32 Court Street, Suite 805, Bklyn

Restart Your Financial Future



INJURED? NEED A LAWYER? FREE CONSULTATION

212-571-9200

www.accident-lawyer-nyc.com

Feiner & Lavy, P.C., Attorneys at Law
325 Broadway • Suite 401 • NY, NY 10007
עברית, אנגלית, ספרדית, Spangol Attorney Advertisement

BACK PAIN ACUPUNCTURE

overweight stress anxiety back neck joint pain
fatigue pinched nerve poor circulation
microdermabrasion massage physical therapy reiki

Accept 1199 aetna unitedhealth care 115W 30 St. #500B (btwn 6&7 Ave)
blue cross neighborhood medicare
metroplus affinity amerigroup cigna
212-764-3924
www.MedicalHolistics.com Englewood NJ : 201.944.0985

Medical Research

metro health
Check out Metro's Online
Medical Research Directory
at health.metro.us

To place an ad call Brett Lurman at
646-792-8008 or email brett.lurman@metro.us

WEIGHT LOSS STUDY

Seeking healthy, severely obese (BMI >40) ages 18-65.
fMRI and blood tests, receive up to **\$850** plus a FREE
12 week complete liquid formula diet.

(646) 543-1339 • bariatric.fMRI@gmail.com

Emotional "Rollercoaster?" Impulsive Behavior? Overwhelming Anger? Fear Abandonment? Painful Feelings of Emptiness? Rocky Relationships? "Black and White" Thinking? Do these terms describe how you feel?

If so, you may be eligible to participate in a personality study at the Mount Sinai School of Medicine. We are interested in studying people with different types of personalities. Participants must be between 18-60 and medically healthy.

Reimbursement will be provided.

**For more information, please call (212) 241-9775
to speak with a member of our staff.**

GCO # 88-244 MSSM IRB approved through 8/31/12

SOCIAL ANXIETY?

Worried about being judged, embarrassed, or criticized? Difficulty making decisions? Difficulty initiating friendships/relationships? Overly conscientious? If so, you might be eligible to participate in a personality study at the Mount Sinai School of Medicine. We are interested in studying people with different types of personalities. Participants must be between 18-60 and medically healthy. Reimbursement will be provided.

**For more information, please call
(212) 241-9775
to speak with a member of our staff.**

GCO #88-244 • MSSM approved through 8/31/12

A clinical research opportunity for DEPRESSION

DEPRESSED and have a hard time functioning?

Get free medication and money for your time.

Local clinical research studies are testing new depression treatments.

Qualify today and you may receive:

- Free depression medication
- Compensation of up to \$800 for your time

Act now. Call 866-511-0424

Visit www.YourDepressionOptions.com

Do you have Schizophrenia? You May Participate in a Research Study if:

- You are between the ages of 18 and 55
- You are taking only one of the following antipsychotics: risperidone, aripiprazole, lurasidone, iloperidone, paliperidone, or haloperidol
- You are medically and psychiatrically stable
- You are not currently using any drugs such as marijuana, or cocaine.

**Reimbursement for travel expenses
and time (up to \$2554.80) for:**

- 15-day inpatient stay on a research unit • 2 MRI scans (1 hour each)

For more information about the study, call us at
(212) 543-4239 or email us at:
studies@nyspi.columbia.edu.

Get PAID
to help find a cure!

Find and enroll in local
medical research studies
at health.metro.us

metro health

metroclassifieds

in
print
&
online

TO PLACE AN AD:

866-900-9473
CLASSIFIED.METRO.US
NEWYORKCLASSIFIEDS@METRO.US

CLASSIFIED AD DEADLINE:
5PM TWO (2) BUSINESS DAYS BEFORE PUBLICATION

IMPORTANT INFORMATION:
All classified advertising is subject to the terms and conditions of the applicable Metro Classified rate card and to approval and acceptance at Metro U.S. option. Metro US reserves the right to edit, reject, cancel or reclassify an ad, and reserves the right to convert any classified advertising to alternative formats for use and publication in other Metro U.S. publications. It is the advertiser's sole responsibility to check each ad the first day it is published. Metro U.S. assumes no responsibility for any reason, for any error or omission in any ad.

Real Estate/Sale



PUBLISHERS NOTE
All real estate advertising herein is subject to the Federal Fair Housing Act of 1968 and state and local fair housing laws. The Fair Housing Act makes it illegal to advertise any preference, limitations or discrimination on the basis of race, color, religion, sex, handicap, familial status, or national origin or an intention to make any such preference, limitation or discrimination. State or local laws may make unlawful advertising that discriminates on the basis of age, marital status, or sexual orientation. Metro US will not knowingly accept any advertising for real estate which violates the law. The law requires that all dwellings advertised are available on an equal opportunity basis. If you have any questions regarding housing discrimination, call the Long Island Housing Services at (800) 660-6920 in Long Island or the Anti-Discrimination Center at (212) 346-7600 in New York City. To file a complaint call HUD toll-free at (800) 669-9777 or the New York City Commission on Human Rights at (212) 306-7500

Homes

E. 225 St ★ Huge New Brk 2 Fam, 3/3 Brs, 5 Ba, CAC, Walk In Tiled Bsmr, Drivway, HW Flrs, Granite Count, 3.5% Down ★ Owner 917-510-7035 ★

Fordham Road & Morris Ave. Fully renov 43, fin bsmt, Extra lot plus garage, 3.5% downpayment. Owner 646-431-0105, 718-740-5222

Throgs Neck 2 Family Home 3br/2 bath over 3 br/2ba + 2 br walk-in. Golf course view, parking, CAC Principals only. Owner 347-672-8675

BROOKLYN NEW CONSTRUCTION 3 family brick 3/2 BRS w/in bsmt, 6 bthrs, pvt drv, \$1000 out of pocket no offer rental. Bkr 347-674-5517

EAST ELMHURST \$280,000 2 family brick det, 6 1/2, 2 full bths, full fin basement. Hablamos Espanol Call Maybell 718-300-7057

MONROE / WASHINGTONVILLE Area. Country home for sale. 45 minutes to NYC! 3 BRS, 1 bath, Elk, Ranch, half Acre, asking \$130,000. Owner 845-614-7355

Real Estate Wanted

I Buy Houses CASH!
Quick Sale - Fair Price
914-237-1418

Real Estate/Rent

Apartments

Brooklyn Cozy 3 BED 1 BATH 350 Pvt H, hardwood Floors. Near, bus & Trains. Call 917-913-6564 \$1,600

HUNTS POINT off Garrison Ave Well maintained rent stabilized bldg 1st mo rent free 2br \$1,115/mo. 3br \$1,274/mo. Agt. 718-657-1085

BRONX APARTMENTS for RENT Grand Ave ♦ Tiebout Ave ♦ West 181st Street. ♦ Walton Ave. 1/2 BRS starting @ \$930 No Fee! 718-412-3734

Bed Shy, Canarsie & Other Areas Why Pay Rent?!!!! 1-4 Fam Homes for Sale. 347-288-8422 Universal Journey Homes 718-257-6480

Bed Shy Hts ★ 4 story brownstone. 3br w/den, ELK pantry, wd flrs, view of Manh. \$2,400/mo. 1/2 off 1st months rent! Princ. only. Owner 718-453-9804

Brighton Bch-Canarsie-Georgetown-Omb ★1 Br U/Hl incl. - \$1150 ★ 2 Br \$1400 ★ 3BR \$1650 & up. Bkr 718-531-5585

★Bushwick ★ Newly Renov 1 BR Apt. Nr transp & shops Owner 917-200-4600 718-701-2893

EAST FLATBUSH Ave H & 34th St 1 blk off Flatbush Near shops, trans, Jr 4 1/2 BRS Well maintained rent stabilized bldg 1st 1/2 mo Rent Free. Call Agent 718-657-1085

East New York- Pennsylvania Ave. Bklyn. Interboro Pkwy & Atlantic Ave. Well maint'd, rent stabl. bldg. Near shops/trans. 1Br \$850, 2br \$1225. 1st 1/2 mo rent free. Agt 718-657-1085

FORDHAM / E. TREMONT AREA Newly Renov. 1 BR @ 1000/mo 2 BR @ 1300/mo, New Appls. Call Heshy-347-623-5202

KENSINGTON (Cortelyou & Ditmars) Lee 1 Bdrm \$1275/mo. First 1/2 month rent Free. Beautiful, Well maintained Rent Stabilized Bldg. Call Agent 718-657-1085

KENSINGTON Small 3 BR, credit & bckgrnd ck. No smoking, pets, bike or washing machine \$1600/mo. 2 mos sec, 1 mo rent. Owner 718-483-1533

PROSPECT PARK- Ocean Ave Corner of Parkside. Studio \$925/mo, well maint'd, rent stabl. bldg. h/dvd flrs. Across the St. from park, subways/shops. 1st 1/2 mo rent free. Call Agent 718-657-1085

★RUGBY★ E. 58th St & Snyder Ave. 1 Block off Kings Hwy, well maint'd rent stabl. bldg. 2 br \$1375. 1st 1/2 mo rent free. Agt 718-657-1085.

FAR ROCKAWAY- BAYSWATER Grdn style apts quiet residential area Nr shops, trans, beach. Rent stabilized Spacious, newly renov kit 2Br \$1125. 1st mo rent free. Call Agent 718-657-1085

JACKSON HEIGHTS Beautiful 2 Br Apt + Balcony, Good Concl., Non Smoker pref'd. \$1700/mo Call Owner 917-602-5217

Real Estate/Rent

Apartments

Jamaica - 3 bdr, 1 bath, 1 kit, access to public trans, 1 month sec/1 month rent. \$1650/monthly, no utilities incl, Ref & credit check. Call 718-926-7809

JAMAICA: HILLSIDE AVE 1 BR \$1200; 2BR \$1450; Hdvd flr, renov kit. Rent stabilized garden comp, laundry facility. 1st 1/2 mo rent free Agt 718-657-1085

RIDGEWOOD-newly renov 4 BRS. kit, LR, DR, full ba, h/dvd floors, close to all, income/ref's verif'd, \$1650/mo. Owner 516-837-8440

★ ROCKAWAY PARK ★ Small, efficiency studio available. Util. & cable incl. \$825/mo. Section 8/VASH, HASA accepted. Near A train & Q63 bus. Owner 917-453-9824, 718-474-4444

WARD AVE. Large 1 BR Apt. 1 pvt parking space, 3 mins from St Ferry. \$1000/mo. Close to all transit. 1 mo sec deposit. Owner 718-795-7601

BALDWIN HARBOR Renov Studio apt, central air & heat. \$800 all util incl. Owner 516-410-6406

BRONX 1 BEDROOM APTS, Starting at \$925 Transp. near by. Call 212-752-2670 After 5pm Sat., Call 718-644-4098.

QUEENS STUDIO and 1 BEDROOM APTS. Near Transportation Call 212-752-2670 from 9am-5pm.

Brooklyn/Bronx Apartment Building Rental Available

NO Fee! NO Fee! Immediate Occupancy on ALL

Studios, 1, 2, 3 Bedrooms Fully Renovated: Upgraded Kit/Bathroom Hardwood Floors New Appliances Freshly painted

MUST MEET INCOME REQUIREMENTS FOR VIEWING PLEASE CONTACT 347-413-2911

24 hrs Security Surveillance. Onsite Superintendent

Rooms

All Manhattan/ Bronx

Furnished Rooms for Rent! Cable/Internet Ready! Move In Today! Share Bath/ Kitchen! Just \$125/wk! Call Us Today: (212)368-2685

100's Available, All Boroughs

Private Entry Bath Cooking 1 Person/2 Person \$125/wk/up room rentals 212-697-3962

Rooms

Affordable Furnished Rooms in Manhattan

Utilities Included Same Day Move In Cable, TV, Internet No Credit Check \$125 per week Call 212-862-0457

Miscellaneous

Moshulu Pkwy & Grand Conc Vic Nr D & 4 Bway. Furn'd rm. \$140/wk, 2 wks sec. Ref's req'd. Available Immediately! Owner 718-655-6028

Macon St. (Bklyn) Very lg unfurnished room. \$750/mo. Non-smoker. No pets. Gas & Elec incl. Call Owner 9 am - 6 pm 347-656-1460 Leave msg.

Jobs

Customer Service

LOBBY STAFF NEEDED START IMMED. FT/PT ALL SHIFTS NO EXP REQUIRED UP TO \$17 P/H BENEFITS INTERVIEWING ASAP CALL: 646.998.9780

Education

New York Junior Tennis & Learning, Inc., seeks After-School Program Directors (FT) (BA required) After-School Program Assistant Site Directors (PT) (HS diploma required) Activity Specialists (PT) (HS diploma required) Group Leaders (PT) (HS diploma required) For details - website: WWW.NYJTL.ORG ; email resumes to Jobs@NYJTL.ORG

Legal

ASSOCIATE ATTORNEY Working w/in Energy & Global Transactions practice, perform due diligence reviews, prep. memos & draft negotiate transactional docs under guidance of partners/sr. associates. Consult for foreign & domestic corp. clients, focusing on int'l & foreign corp. law in light of current int'l business, political & legal climate. Util. know. of antitrust/trade regs, M&A, political structures & regs w/in the EU, & demonstrated skills conducting research/analysis & writing opinions on European law. Job in NY, NY. Send resume/CL salary rqmts specifying <N>Y08 to nylegalrecruiting@akingump.com. No calls.

Jobs

Healthcare

Ultrasound, EKG, CPR Course

CORE MEDICAL www.medicalultrasoundschool.com Core Ikon Institute Call 917-209-1366

RN's / LPN's / RN Supv / CNA's / PCA's PGT's / Psych Techs & Chart Reviewers **WHITE GLOVE PLACEMENT** Hospitals & Nursing Homes All Boros, L.I., & Westchester All Units & All shifts. FT/PT Paying the highest rates **Instant Daily Pay/Direct Deposit OPEN HOUSE MON-THURS 85 Bartlett St Bklyn NY Tel 718-387-6181 Fax 718-387-6359 www.whitelovecare.com**

Access Careers Brooklyn

Lowest Tuition Fee Hands on Career Training *Medical Assistant *Com. Programming *Com. Networking (A+MCSE/CCNA) Financial Aid, Scholarship Available if Qualified **Call : 718-643-9060** 25 Elm Pl, Suite 201 Brooklyn, NY 11201 www.AccessCareers.Edu (Bet. Fulton & Livingston st)

Access Careers Brooklyn

Upgrade to PCT from HHA *Patient Care Tech *CNA (Nurse Aide) *EKG/PHL/Pharmacy Tech *Medical Billing & Coding *Computer Programming *A+/MCSE/CCNA *MS Office/Accounting *CPR **Call: 718-643-9060** 25 Elm Pl, Suite 201 Brooklyn, NY 11201 www.AccessCareers.Edu (Between Fulton & Livingston St)

JOBS / TRAINING ACCESS CAREERS QUEENS

CNA • Medical Assistant • HHA - Home Health Aide EKG/PHLE/Pharmacy Tech • LOANS MS Office/A+/Net+ • Accounting (Computerized) QA, BA, Sharepoint, DOT NET, PMP

Call 718-263-0750

STUDENT VISAS @ LOW COST On Queens Blvd Next to (E, F) Subway Stn. • 8002 Kew Gardens Rd, Queens, NY **www.accessqueens.com**

Healthcare

CNA's- Hospital and LTC. with or w/o exp. Immediate work. Bronx, Brooklyn Queens. Open House, Mon 6/25 & Tues 6/26, 9am-3pm or call for an appointment. LPN's welcome too! Advanced Med'l Staffing 718-643-9316 sarah@advancedmedicalstaff.com

Security / Law Enforcement

HIRING SECURITY OFFICERS Immediate Start, up to \$18.50 per hr. Please call Mr. Fredericks at 646-220-0516

A.A.S. SECURITY- NO EXP NEEDED Will train. All shifts. Up to \$28.23/hr. Call toll free 1-800-770-0925 ext. 1

★ ★ A BABY STEP IN SECURITY ★ ★ Immediate Hire ★ FT/PT \$10-\$22/hr Noman Hotel, Trump Tower & other Corp Sites/Medical/Retail. No exp, Will train. No HSGED.

★ ★ CALL 212-359-9540 ★ ★

A BASIC CAREER IN SECURITY No experience, license or training needed. Up to \$18.50/hr. FT/PT. Call HR: 212-470-4499

A BASIC SECURITY JOB Must be available ASAP No experience necessary. Up to \$22/hr. Call 347-447-0403

★ A BETTER CAREER IN SECURITY ★ Serious applicants only, up to \$19/hr. FT/PT. HR# 212-470-4326

ABLE & READY GUARDS Needed for immediate hire, FT/PT, up to \$16.50/hr. No HSGED req'd. Call HR ★ 212-470-4223

A BRIGHT SECURITY JOB Up to \$18/hr FT/PT, no lic needed. No experience nec. Must be avail ASAP. Call 212-470-6046

A JOB CHANGES EVERYTHING Need a job? Now conducting interviews. This week only for the largest firms. No exp nec. Call 212-470-2076

CORP/FRONT DESK AGENT Must be avail to start asap. No exp nec. Will train. Up to \$22.50/hr. Call 212-470-4160 or 212-470-3134

FRONT DESK GUARDS Wall St. location, no exp necessary. Pay up to \$13.25 p/hour. Call Lt. Kelly 347-246-9305

IMMEDIATE HIRE - SECURITY Guards & Porters needed. No exp or license req'd. Up to \$21.50/hr. Contact 718-630-2587

Security / Law Enforcement

IMMEDIATE OPENING SECURITY GUARDS For Premiere Show Center In Midtown NYC Show running from Aug. 15th thru Aug 25th. Shifts Avail. Monday thru Friday 8a-4p, 4p-12m, 12m-8a. *MUST WORK WEEKENDS* MUST be NYS Lic'd Guard & Fire Guard Lic'd MUST BE F&H! Apply in person beginning August 20th thru Wed 8/22, Mon-Sat 9:30a-4p Must bring valid DMV Id, S.S card, & Sec. Guard Lic. & Fire Guard Lic. Temp pos. could lead to Perm.

McRoberts Protective Agency, Inc. Setting The Standard In Security Since 1876 87 Nassau St. 2, 3, 4, 5, A, C, J, M, To Broadway-Nassau/Fulton St Sta.

Immed Openings ★ Security Officers Now hiring! PT/FT, \$8-\$15/hr. Interviews Mon-Fri 10-3pm. IPSA, New Yorker Hotel, Site 816, 34th & 8th Av.

NOW STAFFING CORP GUARDS Pays up to \$18.50/hr. FT Medical & Dental, no experience necessary. Please call 212-470-9029.

TV / Film / Musicians

Actors/Models/Dancers/ Extras All ages/All types NEEDED!!! For film/TV/print/comm/catalog/runway. NO EXP NEC. Call (646) 807-7402 for appt.

DANCERS- PERFORMERS WANTED F/T & P/T, immediate hire, 18-80 year old CALL 646-996-4679

General Help Wanted

IMMEDIATE OPPORTUNITY MILLER (Swiss Cutter) Experience using posalux or benzinger machines on precious metals. Call 212-807-2132 or fax resumes 212-807-2221

***** APPRENTICE BARTENDERS *****

All shifts avail. up to \$300/day Free training & cert. To qualify Visit nationalsocialbarenders.com If qualified call after 11a 212-279-4444

TUITION-FREE IT TRAINING and JOB PLACEMENT

A+ and MCTS Certifications

718-991-8400

Per Scholas www.perscholas.org

General Help Wanted

Concierge/Front Desk Positions available

No experience required Pay up to \$13.75/ph F/T and P/T hrs available. Call 212.470.6364

COOKS, DISHWASHERS, SERVERS, RUNNERS for Diner. Must have proper working docs. 24 hrs, all shifts avail. Call George 917-981-0934

CURTAIN MAKER WANTED For workshop position. Exp with industrial machine, all cutting & preparation of table assembling. Call 9am-5pm: 718-932-6160.

Customer Relations START A NEW CAREER GREEN Co. has Multiple Openings START IMMEDIATELY GREAT PAY!! 718-374-5975

DAYCARE - PT/FT - Up to \$300/wk Must have up to date Daycare Cert. - 30 hr. Health & Safety, CPR & 1st Aide. Call 718-284-3652 Flatbush

DIESEL & GASOLINE MECHANICS School Bus Co. Full & Part time. Union Shop Apply in person: 1 Coffey St, Bklyn. ☎ 718-852-0286

ACTIVELY SEEKING Full Time Openings in Yonkers \$18 avg pay rate IMMEDIATE START No Exp needed, Full training provided. Entry level to leadership roles. 914-233-0645

PERWAY EMPLOYMENT AGENCY Provides all types of jobs. 6908 Woodside Ave Qns ♦ FEE 718-764-6650 / 718-672-9832

Airline Now Hiring. Major Airline of JFK, LaGuardia, & Newark Airports Now Hiring. NO EXPERIENCE NECESSARY. \$14 to \$22/hr + benefits. Call 212-699-1777, FEE



metro[®]classifieds

in print & online

TO PLACE AN AD:

866-900-9473
CLASSIFIED.METRO.US
NEWYORKCLASSIFIEDS@METRO.US

CLASSIFIED AD DEADLINE:
5PM TWO (2) BUSINESS DAYS BEFORE PUBLICATION

Jobs

Training

EARN \$550 WEEKLY!
HHA TRAINING! NYSEC Lic'd.
Call 718-322-1183

★ **HOME HEALTH AIDE TRAINING** ★
Program approved by
NYS Dept of Ed. Call 718-323-3050

EXTERMINATION/Termite Certification
NYS cert. 69 days. Jobs/biz Fin'l aid
if auct. 24hr 718-205-0557/800-220-5494

10A AAH @CITY Mon-Sat Pre&Ann
1hr/OUT*Fire/Gd/Metal Det*/A/Terror
SG License Pkg*/Fistal Lic Prep \$395
212-957-1390/300 W 42 St #610 @EAv

10 A of Blue Steel Security Same Day
Cert! Walk-in, Job-Plant 8hr/1dhr/
Ann/Loss Prev/CPR/FG/Anit Terrorism/
Metal Det/4hr-Armed Gun Lic Srvc-
397 Bridge St. Call 347-463-9015

EARN \$550 WEEKLY!
HHA TRAINING! NYSEC Lic'd.
Call 718-843-8449

Transportation / Travel

★ **DRIVER** ★ BROOKLYN BUS CO.
"CP-BP" lic. & BPS endrsmnt req'd.
Will sponsor for B.O.E.D cert. Apply:
1 Coffey St., Brooklyn. 718-852-0286

DRIVERS WANTED
Immediate Hire with CDL
Access-A-Ride
All Shifts available
Monthly Attendance/Safety Bonus
Medical plan
Vacation/Personal/Holiday pay
\$600 Sign On Bonus
for pre-certified 19A drivers
Apply in Person 94-01 150th Street,
Jamaica, Qns M-F 10-2
1 blk to E/J/Z line/Qns buses/LIRR
www.professionaltransit.com

Driver - Truck Driver needed for
Bronx Building Supply Co. Knowl-
edge of all 5 Boro's required. Clean
record & background. Apply at: 962
Washington Ave, Bronx, NY 10456.

DRIVERS WANTED
For car service. Bronx loc. Clean
drivers lic with updated abstract.
TLC lic a must. Call 718-796-6900

Services

Psychic

Services

Psychic

SHEIKH SALEEM
917.254.6647
MYSTICAL AFRICAN
MEDIUM & SPIRITUALIST
SOLVES ALL
YOUR ISSUES.
LOVE SPECIALIST.
REUNITE LOVERS,
BUSINESS,
JOB, COURT,
LUCK,
BLACK MAGIC,
PROTECTION,
IMPOTENCY,
IMMIGRATION, ETC.
ENGLISH AND FRENCH
SPEAKING.
QUICK RESULTS
www.africanmedium.com

Phone Services

VOICELIFE
FREE TRIAL
212-949-4500
TOLL FREE: 1-877-800-5282
18+ *Restrictions may apply

NIGHT EXCHANGE
FREE TRIAL
212.949.8844
NIGHTEXCHANGE.COM

Business Opportunities

Business Opportunities

Lose Weight & Make Money & Help Others Do the Same
Get paid by helping people
live a longer and healthier
life. Earn income by
promoting the Body by Vi
90 Day Challenge.
Refer 3-Get your product
for FREE
PerfectBodyForLife.com
ViSolusOverView.com
Call: 917-502-2212

Career Training

A Career With A Great Future...It's Time
• Court Reporting (CART & Closed Captioning)
• Paralegal • Medical Office Specialist
Call 1-888-317-2310 • nyci.edu
Call Today!
Classes Forming Now!
Day & Evening Classes • Degree & Certificate Programs
NYCI NEW YORK CAREER INSTITUTE
11 Park Place, NYC (across from City Hall)
For more information about our programs and services, the website data is students who completed the program and other important information, please visit our website at www.nyci.edu

DID YOU EXCEL IN HIGH SCHOOL, BUT DIDN'T GRADUATE?
Now is the time...
You Still Can Obtain Your Associate's Degrees and GED at the same time
Associate's Degrees:
• Accounting • Business Management
• Office Technology
(212) 226-7300 CLASSES BEGIN SEPTEMBER 12
NEW CAREER READY PROGRAMS
• Hospitality Management
• Office Specialist/ Security Management
• Customer Service Relationship Management
• Business Interpreting
• Administrative Office Specialist
• Business Accounting Specialist
Federal & State Financial Aid Available, If You Qualify!
PROFESSIONAL BUSINESS COLLEGE 408 BROADWAY 2ND FL, NEW YORK NY 10013
Certificate Program Info: Al www.pbny.edu

INTRODUCTION TO BAKING
10 Week Course (Starts Sept. 8)
Culinary Tech
Center located at
460 W 34th Street
Call 646.438.3974

YOU CAN DO IT! CHANGE YOUR LIFE!
Train in the field of
Pharmacy Technology
A simple phone call could change your life.
866-942-6444
Sanford-Brown Institute
Garden City, NY • New York, NY
Licensed by the New York
State Education Department
Programs vary by location
sanfordbrown.edu

HEALTHY BABY?
You could help provide
info to doctors and expecting parents.
Learn to take ULTRASOUND
images by training in
DIAGNOSTIC MEDICAL SONOGRAPHY
You could also help doctors
detect injuries and illness!
866-942-6444
Sanford-Brown Institute
Garden City, NY • New York, NY • White Plains, NY
Licensed by the New York
State Education Department
Programs vary by location
sanfordbrown.edu

TRAINING!
Learn the skills you need
Ask us about Financial Aid,
available for those who qualify.
Medical Assistant
Call NOW! 888-728-9333
Sanford-Brown Institute
New York, NY • White Plains, NY • Garden City
SBI Campus-an affiliate of Sanford-Brown
Melville, NY. Sanford-Brown Institutes are
licensed by the New York, State Education
Department. SBI-Campus authorized by
the Board of Regents of New York State.
Programs at SBI Campus are registered by the
Office of Colleges and Universities of NYED
sanfordbrown.edu • Programs vary by campus

ACE COMPUTER TRAINING CENTER
NEW CAREER OPPORTUNITIES
BECOME A
Medical Assistant / Computer Network Admin
Financial Aid is Available if Qualified
www.acecareer.edu
Manhattan **212 695 9700** CLASSES **CALL**
Queens **718 575 3223** STARTING **SOON NOW**

CALL NOW
to begin training in Medical Assisting
What's holding you back?
A simple phone call could change your life.
888-728-9333 • Sanford-Brown Institute
New York, NY, White Plains, NY, Garden City
SBI Campus-an affiliate of Sanford-Brown
Melville, NY. Sanford-Brown Institutes are
licensed by the New York, State Education
Department. SBI-Campus authorized by the
Board of Regents of New York State.
Programs at SBI Campus are registered by the
Office of Colleges and Universities of NYED
sanfordbrown.edu • Programs vary by campus

Vehicles
Cars
FORD T-bird 1964 low mileage, ex-
cellent condition. Asking price
\$16,500. White in color, blue interior.
Call Anthony Tortora 718-646-8140.

Legal Notices

NOTICE OF FORMATION
OF CHENG YE LLC.
Arts. of Org. filed with the
Sec'y of State of New York
(SSNY) on 7/16/2012. Office
location: Queens County.
SSNY designated as agent
of LLC upon whom process
against it may be served.
SSNY shall mail process
to: c/o The LLC,
108-18 Otis Avenue,
Fl 1, Corona, NY 11368.
Purpose: Any lawful activity.

NOTICE IS HEREBY GIVEN
that a license, Number TBA for
Liquor has been applied for by
the undersigned to sell Liquor
at retail in a Restaurant under
the Alcoholic Beverage Control
Law at: 833 Union St., Brooklyn,
NY 11215 for on-premises
consumption. CRAB SPOT INC.

For Sale

\$\$\$CASH PAID\$\$\$
Buying diabetic test strips,
nicotine patches, gum and
expired strips. We beat all
competitor's prices.
All day dropoff/pickup.
Call 646-400-5270

Pets

♥ **ADORABLE YORKIE PUPPIES** ♥
CALL TRACY 718-236-1515

♥ **English Bulldog Puppies** M/F ♥
Adorable Chubby Pups, Mom & Dad
on-site Papers-Shots. Call 347-927-0297

♥ **MALTESE PUPPIES** ♥ Adorable Toy &
Teacup sizes. Call 718-259-2295

★ **SHIH-TZU PUPPIES** ★★
Toy & Imperial Sizes, All Colors
Call 718-236-7567

"I FEEL LIKE A FISH WITH NO WATER."

-JACOB, AGE 5
DESCRIBING ASTHMA



You know how to react to their asthma attacks. Here's how to prevent them.
1-866-NO-ATTACKS EVEN ONE ATTACK IS ONE TOO MANY.
For more information log onto
www.noattacks.org or call your doctor.



LOVE SPECIALIST SPIRITUAL HEALER TARA READINGS By Phone

She has over 30 years experience in helping people all over the world. She will know the causes of your problems without asking any questions and knows how to solve them, reveal names of enemies, reunite lovers, stops divorce, cure sickness, help childless couples, bring success to business, jobs, exams, etc. Remove bad luck and negative energy from homes, family, and business bringing you peace. Call if you have problems, need answers and want to see results.

If Tara can not help you no one can! She is superior to all others.

She is one of the only certified Spiritual healers. You will see results guaranteed in 24 hours

HUSBAND & WIFE



Our business was failing, we had no hope until my husband called Tara for help. Few days later we started to see amazing results

MARRIED COUPLE



Someone had wished I wouldn't marry the man I love... Thanks to Tara we are now happily married

FAMILY



We have been married for six years and had no children. Thanks to Tara we now have two healthy kids.

MIRACLES CAN HAPPEN! 347-804-3050

AT HOME WITH metro

One
month
free

50%
leased in
50 days



FOLLOW YOUR CURIOSITY

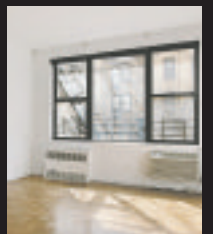
Come see the transformation of a Jersey City landmark.
Brand new apartments starting at just \$1785.

CALL OR VISIT US ONLINE TODAY.

THEBEACONJC.COM | 201.485.3996



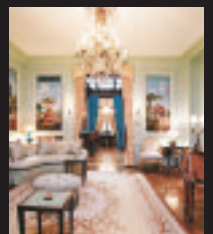
Market watch



CHEAPEST \$245K

321 E. 71st St.

The cheapest apartment listed this week is a studio at 321 E. 71st St. This co-op with a low monthly maintenance of \$617 is listed by Citi Habitats for \$245,000.



PRICIEST \$27.75M

163 E. 64th St.

The most expensive unit listed this week is a five-bedroom townhouse at 163 E. 64th St. With its own elevator and a hidden walkway to staff quarters, this mansion is listed by Halstead Property for \$27.75M.



StreetEasy.com is a New York-based real estate information portal that aggregates the most comprehensive set of sale and rental listings along with other useful info.

► The Spring '12 runway brought pastels back into our lives ► Now the unassuming color palette is seeing a gentle resurgence in our homes, too ► Put away those memories of 'Miami Vice' and give the trend a second look

NHS of Northern Queens
presents
A HOME MAINTENANCE ORIENTATION
Thursday, August 23, 2012 – 6pm
Receive information on
our upcoming class on basic
Plumbing, Electrical and
Carpentry Skills
NHS of Northern Queens
60-20 Woodside Ave., 2nd Flr.
(above Astoria Federal Savings)
Woodside, New York 11377
www.nhsnorthernqueens.org
call 718-457-1017 to reserve a seat for this free event

PALE & PRETTY

The mention of pastels is enough to make some people cringe. It's a color palette for which Queen Elizabeth II shows a fondness and probably the reason why so many of us associate pastels with the aging set (or the 1980s). However, it's had a comeback — the spring/summer '12 runways were full of Easter-egg shades.

Interior designer Sophie Paterson, author of "Style and Glamour," says it's due to people being "fed up with totally neutral color schemes. Whilst anyone can throw a taupe scheme at a room, it takes a bit more skill to pull off a scheme using color accents," she says. Not to mention, "pastel colors are very calming and uplifting." She shows us how to incorporate the pale hues in our home without turning the place into



► Paterson

a macaroon box — although that wouldn't be so bad.

Urban pastels

Pastels can read bucolic, and that's not usually a favored look amongst savvy urban

Add accents

Rather than turning your space into a pastel chalkboard, you may prefer to give a nod to the trend with artfully selected accessories. Paterson says, "Ceramic vases work wonderfully in pastels. Abstract oil paintings with a touch of pastel in the paint colors, or even rustic linen cushions with a shot of pastel velvet, are particularly sophisticated."

dwellers. Paterson suggests using "soft feminine colors as a contrast with clean-line furniture, particularly dark pieces such as gray-stained oak. It prevents the color scheme from appearing too twee."

Layering is key

"You need to use a variety of textures: velvet, silk, linen and wool all work well in juxtaposition. For example, shiny against flat," explains the London-based interior designer. She continues, "I like to start with a neutral base (sofa, wall and floor) and build up the layers using colors and accessories to add depth and interest."

Spring thinking

Reinvigorate your apartment with a dash of color, says the expert — and act fast. "Pastels are particularly relevant for warm weather seasons. I'm loving dusty pastel green."



METRO WORLD NEWS IN LONDON

Waiting List Open

The Helena is pleased to announce that applications are now being accepted for the waiting list only of affordable rental apartments in the Midtown West area of Manhattan. The size, rent, and income requirements for the apartments are as follows:

SET ASIDE FOR HOUSEHOLDS WITH INCOMES AT OR BELOW 40% OF AREA MEDIAN INCOME

FAMILY SIZE*	APARTMENT TYPE*	MONTHLY RENT**	TOTAL GROSS ANNUAL INCOME RANGE*** MINIMUM-MAXIMUM
1	STUDIO	\$529.00	\$17,294 - \$23,440
1	1 BED	\$569.00	\$18,458 - \$23,440
2	1 BED	\$569.00	\$18,458 - \$26,760
2	2 BED	\$694.00	\$22,305 - \$26,760
3	2 BED	\$694.00	\$22,305 - \$30,120
4	2 BED	\$694.00	\$22,305 - \$33,440

*SUBJECT TO OCCUPANCY CRITERIA **INCLUDES GAS FOR COOKING **RENTS SUBJECT TO CHANGE ***INCOME REQUIREMENTS SUBJECT TO CHANGE

APPLICANTS WILL BE REQUIRED TO MEET INCOME AND ADDITIONAL CRITERIA.

Building amenities include: • LEED Gold Certification * State-of-the-art fitness facility
• Expansive panoramic river and city views • Energy Star appliances
• 24 hour attended lobby * Membership fee applies

*At The Helena it's possible to achieve harmony between environmental living and city living.
Step inside. And you're in harmony*

Applications may be requested by mailing a **POSTCARD** to:
The Helena, Radio City Station, P.O. Box #2312, New York, NY 10101.

Mailed requests must be postmarked by September 21st, 2012.

Completed applications must be returned by regular mail to a different post office box that will be listed on the application, and must be postmarked by October 1st, 2012.

Applications not sent **via regular mail** or postmarked after October 1st, 2012 will be logged in after all other applications. Applications will be selected by lottery.

Priority will be given to applicants who live or work in New York City.

No broker's or application fee should be paid to anyone regarding these applications.

Applications may also be downloaded from www.DFRaffordable.com.



Only the first 5,000 requests for an application will be honored.



**Don't let this happen to you!
Act Now!**

NEIGHBORHOOD HOUSING SERVICES OF NORTHERN QUEENS & JP MORGAN CHASE

WILL PROVIDE COMPLETELY FREE

One-on-One Mortgage Counseling by a HUD-certified counselor
Mortgage Analysis & Modification Assistance

Find out about ALL Options Available to your Situation

**Thursday August 23, 2012
from 10am – 3pm**

at the offices of
NHS of Northern Queens
60-20 Woodside Avenue, 2nd fl • Woodside, NY 11377

For appointment & more information, please call

718.457.1017

NHS of Northern Queens is a
HUD-Certified Housing Counseling Not-for-Profit Agency



at home with metro



► The paint used in this room is Farrow & Ball: Pavilion Blue No.252 Estate Emulsion.

3
pieces with
pastels



- 1 Amorphous nesting table set, \$600, www.anthropologie.com
- 2 Stelton Arne Jacobsen AddColour coffee maker, \$299, www.fjorn.com
- 3 Fleet Objects Pools bowls, \$40 for a set of four, www.fleetobjects.com



NO BROKER FEE • IMMEDIATE OCCUPANCY

**YOUR HOME IS
PARKCHESTER**

1 BEDROOMS STARTING AT ONLY \$985 PER MO

ONE HALF MONTH FREE RENT ON 1BR's
ON 2 YEARS LEASE IF YOU SIGN BY AUGUST 31

SPACIOUS 2BRs AS LOW AS \$1325 PER MO

WHY LIVE ANYWHERE ELSE?

• Beautifully maintained buildings and grounds • Responsive service from well trained staff • 24 hour security • A complete community with stores, medical & professional offices, restaurants, even a movie theatre and post office • Walk to subway and express buses to mid-Manhattan • Street and garage parking

APPLY ONLINE TODAY

or Schedule
an Appt for an
Open House Visit

718-412-4695

Open House: Tues & Thurs 5:00pm-7:45pm, Sat 9am-12:45pm

See Our Model Apts and Our Premier Apartment Collection

www.parkchesternyc.com

EHO

One month free

50% leased in 50 days

B

FOLLOW YOUR
CURIOSITY

Come see the transformation of a Jersey City landmark.
Brand new apartments starting at just \$1785.

CALL OR VISIT US ONLINE TODAY.

THEBEACONJC.COM | 201.485.3996

THE REVERED RITE OF PASSAGE FOR THE STYLE-MINDED

WAREHOUSE SALE

255 WEST 17TH ST BETWEEN 7TH + 8TH

STARTS TOMORROW

THU, AUG 23 + FRI, AUG 24
8AM - 9PM

SAT, AUG 25 + SUN, AUG 26
9AM - 8PM

MON, AUG 27 - WED, AUG 29
10AM - 9PM

THU, AUG 30 + FRI, AUG 31
9AM - 9PM

SAT, SEP 1 + SUN, SEP 2
9AM - 8PM

MON, SEP 3
9AM - 7PM

BARNEYS
NEW YORK

BARNEYS.COM